FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Chicken and Pepperoni Pizza



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**555 kcal**

Stuff that's in it:

• Chestnut Mushrooms (Cooked And Sliced)

• 50G Grated Mozzarella

• 13G Pepperoni (Sliced)

• 27G Cherry Tomatoes (Sliced)

• 14G Red Onion (Sliced)

• 40G Red Pepper (Diced)

• 40G Tomato Purée

• 1 (35G) Small Chicken Fillet (Cooked Sliced)

• ½ Tsp Italian Herbs

• A Few Torn Basil Leaves

What you do:

This delicious pizza is made with 2 flatbread dough balls joined together and rolled out into a base cooked.

Cook your flatbreads as per recipe.

Once your flat breads have cooled down.

Use a brush to spread the purée all over the base leaving a small gap round all of the edge. Sprinkle on a

little cheese, then add the tomatoes, mushroom, pepperoni, onion and chicken all over, add more cheese and sprinkle the herbs, bake for around 13 minutes until golden.

To make the creamy garlic sauce:

Add ¼ teaspoon of garlic purée.

1 tbsp natural yoghurt.

2 tbsp extra light mayo.

Pinch of parsley and mix well.

Nutrition

• Carbs: 56g

• Fat: 19g

• Protein: 33g

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