

Sodium-Free Pizza Base, Pesto, chunky Tomatoes, Zucchini and Crumbled Feta

*Serving size: 4 people

Ingredients

Topping

- Beef Tomatoes
- Crumbled Feta cheese
- Parmesan cheese (Shavings)
- 2x Courgettes
- Basil
- Rockets (as garnish - optional)

Pizza Dough

- 190g Whole Wheat flour
- 1 ½ tsp Fresh Yeast
- 90ml Warm water
- 2 tsp Extra Virgin Olive oil
- Pinch Castor Sugar

Pesto

- Bunch Basil
- Bunch Parsley
- 20g Pine Nuts
- 2x Garlic Cloves (Chopped)
- Extra Virgin Olive Oil

Directions- Pizza base

1. It's important to make the pizza base first. You need to add the Fresh Yeast to luke-warm water (never hot), as the warm water will help the yeast to foam slightly. Add sugar as it is food for the yeast – yeast is activated by eating the sugar and growing with the warmth.
2. Transfer the yeast water into a bowl with the flour, olive oil (Oil in the dough helps to give the dough elasticity; helps the dough to stretch when rolled) If too wet, then add more flour, or if too stiff then add more lukewarm water until you have the right consistency.
3. Add that to the mixer and beat with a hook 'til all the dough incorporates together and no longer sticks to the bowl sides.

4. Place the dough into a clean bowl which has first been brushed with olive oil. Cover with a damp cloth or cling film and leave in warm place until it doubles in size.

Directions - Pizza

1. Roll the pizza out into a thin crust and round (doesn't matter if rustic shape). Make the pesto by adding everything from the pesto list in the blender, but toast the pine nuts until golden brown before adding them.
2. Spread that on the bottom of the pizza base first then add chunky beef tomato cuts and decorate on the pizza with torn basil leaves, then crumble feta on top and courgette stripes as decoration.
3. Oven to 240°C and bake for 15 minutes till golden and feta is slightly melted.
4. Take out and plate up with parmesan shavings and rocket, and sprinkle the whole thing with Extra Virgin olive oil.