

Chicken pizza

Serves 4-6

Scone base

2 cups flour

1tsp baking soda

1tsp baking powder

pinch salt

1tsp oil

170ml buttermilk

Topping

2tbsp oil

1tsp ground cumin

½tsp paprika

salt and pepper

4 boneless, skinless chicken breasts,

cut into strips

½ cup tomato sauce

½ onion, sliced

4 spring onions, chopped

1½ cups grated mozzarella cheese

To serve

Green salad

Equipment

Baking sheet, mixing bowl,

teaspoon, sharp knife, cup,

tablespoon, rolling pin,

wooden spoon, chopping board.

1 Preheat the oven to 220°C/gas mark 7 and grease a baking sheet.

2 To make the dough, sieve the dry ingredients together into a medium bowl. Mix the oil and buttermilk in another bowl, add little by little into the flour mixture and mix to form a manageable dough. Press the dough into the prepared baking sheet.

3 Then make the topping. Combine the oil, cumin, paprika, salt and pepper in a bowl. Pour over the chicken and mix through.

4 Heat a large frying pan and fry the chicken until brown, for about eight minutes. Set aside to cool.

5 Spread the base with the tomato sauce. Arrange the chicken on top, sprinkle with onions and cheese. Bake for 15-20 minutes until the cheese has melted and the base is crisp. Cut up and serve with a green salad.



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Fat	16g	Carbs	44g	Energy	444kcal
Protein	33g	Sodium	.8g	Fibre	3g

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