

Easy Homemade Pizza



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Ingredients

For the dough

- 1 ½ teaspoons yeast
- ½ teaspoons salt
- 1 tablespoon sugar
- 1 tablespoon extra virgin olive oil
- 500g plain flour

For the toppings

- 1 can chopped tomatoes
- Pinch of dried thyme
- 2 mozzarella balls
- Any choice of topping, such as peppers, mushrooms, pepperoni, ham or even pineapple!



Serves



Prep



Cooking



Level

Recipe

1. In a large mixing bowl, mix the yeast, salt and sugar with a wooden spoon. Make a well in the ingredients and pour in the olive oil and 400ml of warm water.
2. Slowly add the flour whilst mixing to bring to a smooth, wet dough.
3. Now, cover the bowl with cling film, and allow to rest at room temperature until dough rises.
4. To make the sauce, mix the chopped tomatoes and dried thyme together in a bowl or jug.
5. Heat the oven to 240°C/fan 220°C.
6. Place the round pizza pans in the oven to get hot.
7. Divide the dough into quarters. Stretch one-quarter of the pizza dough into a large circle by holding it up in front of you and turning the dough clockwise, grabbing quickly with one hand after another or by tossing the dough. If this is too hard, you can roll it instead.

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Easy Homemade Pizzas

- Place the dough on parchment paper. Repeat this three more times until you have four round pizza bases.
- Remove the pans from the oven and transfer the dough to the pan.
- Using a spoon, spread evenly a quarter of the sauce onto each of the bases.
- Add all of the toppings that you've chosen to the pizzas. Add the mozzarella cheese last over the toppings.
- Bake the pizzas for 6-8 minutes. Remove from the oven and allow to cool for 2 minutes before cutting.

Nutrition Value per Serving

kcal	fat	sat fats	carbs	sugars	fibre	protein
738	19.7g	7.4g	104.1g	6.9g	4.4g	25.4g

Fun Facts

- Yeast is a type of microorganism, that is part of the fungal kingdom. It produces carbon dioxide which helps the dough to rise in the pizza. It is also used in bread and winemaking!
- Yeast contains **vitamin B2**. This helps keep skin, eyes and the nervous system healthy.
- Tomatoes are a great source of **vitamin C** which is great for growing cells in tissues. As well as keep healthy skin.
- Mozzarella cheese contains lots of **vitamin D**, helping to keep bones, teeth and muscles healthy.

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We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives, hot water and kitchen appliances which use considerable heat. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.

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