

## Healthy Pizza as you like it!

This recipe has been adapted from Gino D'Acampo's take on a healthy pizza. Gino says this quantity will serve 4 – well not if you don't want to starve to death – serves 2 medium portions 868 calories each. Worth missing lunch or dinner for – thin, crispy and tasty and you can add whatever you like as long as it's healthy!!!



Tip: Remember the dough needs to rest for 30 mins so prepare ahead

### Ingredients:

Pinch of salt  
1 tsp of dried yeast – mixed with  
140ml warm water  
180g strong plain flour, plus extra for dusting  
1 tbsp extra virgin olive oil, plus extra for greasing

### For the toppings:

3 tbsp extra virgin olive oil  
100g button mushrooms, sliced  
400g passata  
1 tsp dried oregano  
Salt and freshly ground black pepper  
1 mozzarella ball (125g), drained and cut into small cubes  
20 pitted green olives, halved  
6 slices lean cooked ham, cut into strips  
8 fresh basil leaves



### Method:

1. To prepare the dough, mix the salt and yeast together in a jug with the water. Place the flour in a large bowl, make a well in the centre and add the water mixture, along with the oil. Use a wooden spoon to mix everything well to create a wet dough.
2. Turn out dough onto a clean well-floured surface and work it with your hands for about 5 minutes or until smooth and elastic. Place in a greased bowl and cover with a tea towel. Leave at room temperature to rise for at least 30 minutes until the dough has nearly doubled in size. Meanwhile, preheat the oven to 180C/Gas 7.
3. Heat 1 tablespoon of the oil in a frying pan over a medium heat and cook the mushrooms for 3 minutes until tender, stirring occasionally.
4. Turn out the dough onto a floured surface and divide it into two. Use your hands to push out from the centre; creating two rounds about 25cm in diameter. Place the pizza bases on two oiled baking trays.
5. Spread the passata on top of the dough using the back of a tablespoon. Sprinkle with the oregano and season with salt and pepper.
6. Divide the mozzarella, mushrooms and olives between the pizzas and drizzle with the remaining olive oil. Cook in the middle of the oven for about 20 minutes or until the edges of the pizza are golden brown. Two minutes before the end of the cooking time, scatter over the ham and the basil. Serve hot and enjoy your capricciosa!

### Nutritional info per serving:

434 (kcal) calories	22.5g fat
6.8g saturates	5.7g sugars
3.1g salt	