

Summer Veggies Pizza

A pizza recipe for everyone! The lemon and butter bean pesto adds a delicious and savoury twist, but you can add whatever you have on hand including pepperoni, olives, cheese . . . or even pineapple!

Follow the instructions overleaf or see our chefs make this dish in our recipe video.

Open your QR code reader on your smartphone. Hold the device over the code and click to watch.



Take & Make Boxes are assembled in a facility that also handles celery, gluten, eggs, lupin, milk, mustard, peanuts, sesame, soybeans, sulphur dioxide, sulphites and tree nuts. Therefore, this product may contain trace allergens that have not otherwise been declared.

Equipment you will need:

Chopping board
Sharp knife
Mixing bowl
Tin opener
Fork / Potato Masher
Spoon
Rolling pin
Sieve
Oven gloves
Medium saucepan
Potato masher

Ingredients (allergens highlighted in bold):

Ragù sauce:

3 cloves of garlic
Half an onion
1 tsp oil
100g tomato puree
70ml water

Toppings & Butter Bean Pesto:

400g tinned butter beans
1 lemon
1 tsp dried rosemary
1 tsp oil
1 courgette
Half an onion

Pizza Dough:

475g Self-raising flour
(gluten)
1 tsp oil
200ml water

Helpful tip: 1 tablespoon = 3 teaspoons or 15ml

Remember!
To taste your sauce and pesto. Make sure all of your toppings are seasoned well before you put them on your pizza.

Find other recipes at: [mayorsfundforlondon.org.uk/kitchen-social/take-and-make](https://www.mayorsfundforlondon.org.uk/kitchen-social/take-and-make)
Share your feedback in our survey: www.surveymonkey.co.uk/r/TakeandMake

Instructions:

1. For the pizza dough - combine the flour, water, and one third of the oil in a large bowl. Mix with your hands until a dough ball comes together (for roughly four minutes). Add an extra pinch of flour if the dough feels too sticky, or a dash of water if it seems too dry. Remember to set some flour aside for rolling.

Split the dough in half. Then split these in half again, so that you have four similar sized pieces of dough. Roll up all four pieces into balls and leave to one side to rest.

For the toppings - begin by washing all of your vegetables. First, cut the onion in half. Take one half of the onion and gently cut into thin slices. Put these to one side. Next, slice the courgette into thin strips - place these to the side with your sliced onion.

4. For the ragù sauce - dice the remaining half an onion into small pieces. In the saucepan, heat the diced onion with a few drops of oil on a low/medium heat.
5. Peel the garlic cloves and slice them thinly. Add these to the onion in the pan and fry together for seven minutes (stir frequently so it doesn't burn).
6. Add the tomato puree and 70ml of tap water to the saucepan. Increase the heat to high and cook for four minutes. This will form your ragù.
7. For the pesto - drain the butter beans and place them in a small bowl with the dried rosemary. Slice the lemon in half and squeeze the juice into the bowl. Mash these ingredients together with a fork or potato masher until it becomes a nice paste.
8. To make the pizzas - dust your surface with a good pinch of flour and, using a rolling pin, roll each dough ball into an 8-inch round circle. These are your bases.
9. Spoon a few tablespoons of the ragù sauce onto each of your rolled bases. Spread the sauce out evenly using the back of your spoon.
10. Add a few dollops of the butter bean pesto to each pizza as a topping and then sprinkle over the slices of onion and courgette you put to one side earlier.
11. Finally, bake each pizza on an oven tray for 8 to 10 minutes on 200C, until the dough is cooked through and the toppings have browned slightly.

Serve and enjoy!

Don't forget!

Use oven gloves when removing hot items from the oven!



Top Tip! If you have more dough than you need, then pop any unused pizza dough in a sealed container and pop it in the freezer. This can then be defrosted and used at another time!