



Huntly Primary School Food Tech



Pizza With Wraps

Serves - 1 Prep time - 20 Minutes Total Time - 40 Minutes

Ingredients

- 2 Wraps**
- 2 Tbsp tomato sauce or paste**
- 2 Tbsp grated cheese**
- ¼ cups of vegetables**
 - **Capsicum, eggplant, red onion, courgette, tomatoes, broccoli, chopped spinach, grated carrot.**
- ¼ cup ham?**
- ¼ cup salami?**

Substitutes

- Gluten free tortilla wraps**
- Pesto to replace tomato if required.**

Method

1. Preheat oven to 180 degrees on bake.
2. Choose toppings and slice finely.
3. Place one wrap on baking tray, then evenly spread 1 tablespoon of sauce on top.
4. Place the other wrap on top so they stick together.
5. Evenly spread the rest of the tomato sauce on top leaving 1 cm around the edge then add toppings.
6. Bake for 10 to 15 minutes or until golden brown.
7. Remove from oven and allow to cool slightly.
8. Cut into 8 pieces.

Equipment

- Chopping board.
- Vegetable knife.
- Plate for toppings once chopped.
- Baking tray.
- Oven mitts.
- Pizza cutter

