

## Nutritional information

Nutrient	Per Serve	Per 100g
Energy	1194.00kJ	1238.00kJ
Protein	8.50g	8.80g
Fat	3.20g	3.30g
Saturated Fat	0.31g	0.32g
Carbohydrate	52.80g	54.70g
Fibre	3.70g	3.80g
Sodium	12.60mg	13.00mg

Nutritional analyses are estimated calculations based 'Food Works™' computer software

Revised March 2015



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## Pizza Base

This meal pack includes:

### Dry Ingredients:

- 1 jar tomato paste
- 1 pack of dried yeast (7g)
- 2 Tablespoons dried mixed herbs
- 1 bag of pizza dough-mix (2 cups))

### Fresh Ingredients:

- 1 onion
- 1 zucchini
- 1 red capsicum
- 1 block (80g) low fat cheese

Preparation time: 15 minutes Cooking time: 30 minutes **Serves 4**

(Optional to leave the dough to rise for a further 1 hour)

**MAKES 2 MEDIUM PIZZAS**



**COMMUNITY  
FOOD SA**

Developed by Community Foodies in conjunction with  
Community Food SA

# Pizza Base

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## Time Required

Preparation time: 15 minutes (or 1 hour 15 mins if leave dough to rise)

Cooking time: 30 minutes

## Ingredients

- 1 bag of pizza dough-mix (2 cups)
- 1 pack of dried yeast (7g)
- 2 Tablespoons dried mixed herbs
- 1 jar tomato paste
- 1 cup (80g) low fat cheese
- 2 teaspoons canola oil (not provided)
- Plain flour (for kneading - not provided and not essential)

## Tips and Ideas

- Add any vegetables or toppings you like such as:

red onion	unsweetened pineapple
olives	pumpkin
fresh tomato slices	zucchini
capsicum	lean ham
sweet potato	corn
tuna	onion
- grated low fat cheese to top your pizzas
- The pizzas can be cooked in the oven OR in an electric non-stick frying pan. See cooking instructions.

## Cooking Instructions

### To make the pizza dough:

1. Pour 3/4 cup warm water into a medium sized bowl .
2. Add the dried yeast & oil – mix well.
3. Add the pizza dough-mix and combine well with a wooden spoon.
4. Knead on the bench with clean hands until dough comes together.
5. This takes about 3-5 minutes – add some flour if you need to (you can leave the dough in a bowl in a warm place for 1 hour to rise, or continue with the recipe if you don't have time.)
6. Divide the dough into 2 pieces and roll each piece into a ball.
7. Roll each ball of dough out with a rolling pin (or use a clean jar) to about ½ - 1 cm thick (or about 30cm x 20cm).
8. Prepare your toppings.
9. **If cooking in the oven** - lightly spray or oil your oven trays – place base onto tray/s.
10. **If cooking in an electric fry pan** – lightly spray or oil your fry pan – place one base in the pan (you will need to cook one at a time).
11. Spread 2-3 Tablespoons tomato paste onto each base.
12. Divide toppings between the 2 bases.
13. Sprinkle each pizza with ½ cup grated cheese and 1 Tablespoon of mixed herbs.
14. **To cook in oven** – bake at 180° for about 30 minutes until crispy.
15. **To cook in electric fry pan** – cook on medium heat with lid on for 20 mins, then remove lid and cook for an extra 5 minutes until base is crispy.