

# Top That!

Spend Father's Day in the kitchen making this colourful pizza together.

## Rainbow pizza

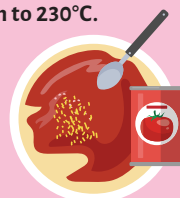
SERVES

8

## Follow these steps

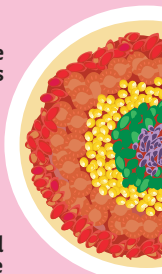


1. Preheat oven to 230°C.



2. Place pizza base on a large baking sheet and spread with tomato puree, leaving a 1cm border around the edge. Sprinkle cheese on top.

3. Working from the outside in, arrange vegetables in rings of colour. Start with red capsicum on the outer edge, followed by cherry tomatoes, corn kernels, green capsicum and finish with red onion in the centre (with purple side facing up).



4. Bake in oven for about 10 minutes, or until the cheese has melted and the crust is starting to brown.



5. Allow to cool slightly for a few minutes, slice into 8 wedges and serve.



## Make Your Own Rules

Customise the recipe to suit your child's taste buds.

Healthy veggie swops include broccoli, carrots, black olives or roasted purple sweet potatoes.

## → WHAT YOU'LL NEED

- 1 pre-baked pizza base (or other flatbread such as naan or pita, if preferred)
- ¼ cup (4 tbsp) tomato puree
- 1 cup mozzarella cheese, grated
- ½ red capsicum, diced
- ½ punnet cherry tomatoes, halved
- ½ tin corn kernels, drained and rinsed
- ½ green capsicum, diced
- ¼ red onion, diced



Grated mozzarella cheese



Corn kernels



Red onions



Red & green capsicums



Cherry tomatoes



Tomato puree

## Motley Hues

> **Colourful vegetables** don't just make your dish look nicer! They are rich in vitamins, minerals and antioxidants that strengthen the immune system and help fight illnesses. Their high fibre content also aids digestion and prevents constipation.

Find out more at [www.healthhub.sg/programmes/56/fruits-and-veggies](http://www.healthhub.sg/programmes/56/fruits-and-veggies)

