

# Tortilla pizza

A great, quick and healthy lunch time pizza option

## Ingredients:

### Base:

Whole wheat seeded tortilla wrap

### Topping sauce:

10 cherry tomatoes  
1 tbsp tomato puree  
1 clove of garlic  
Handful of fresh basil or 1 tsp dried basil  
Salt and pepper to flavour

### Topping extras:

Choose your protein:

- Grilled chicken pieces
- Tuna
- Lean beef mince, cooked with herbs, spices and onions
- Egg

Choose your nutrient booster:

Something green:

- Rocket
- Broccoli
- Spinach

Something red:

- Cherry tomato halves
- Diced red peppers
- Roasted beetroot

Something orange:

- Roasted butternut squash
- Diced orange peppers

Finely sprinkle with a little cheese. Naturally

lower fat options:

- Ricotta
- Feta
- Cottage cheese

Add a few chunks of mozzarella



## Instructions:

1. Pre heat the grill to a high temperature
2. Place the tomatoes, tomato puree, garlic, basil and some salt a pepper into a blender/nutribullet and blend, then set aside
3. Place the tortilla wraps under the grill and toast for a minute on each side. The wrap just needs to turn crispy
4. Spread the wrap with a base layer of the tomato sauce
5. Add your protein selection
6. Add any combination of your nutrient boosters
7. Sprinkle on your light cheese options
8. Add a little mozzarella
9. Bake in the oven for 10-15 minutes