

Easy Chicken Pizza



Serves
4

Ingredients

4 chunks of either french bread, pitta or wraps
100g cooked chicken breast
100g of tinned (no added salt) or frozen sweetcorn
50g red bell peppers, chopped

4 tsp fresh basil chopped
1 clove garlic, chopped
50g tomato puree
50g cream cheese
50g cheddar cheese
Dash of olive oil

Method

1. Preheat oven to 180°C/160°C Fan/350°F/Gas 4. Cover a baking tray with greaseproof paper, and place either the French bread, pitta or wraps on top.
2. Heat the olive oil in a large frying pan over a medium heat, then add the corn, red peppers, chicken and garlic. Fry for a further 2 minutes, until thoroughly cooked through. Remove from the heat and stir in the tomato puree.
3. Share out the chicken mixture evenly between bases then top with a blob of cream cheese and grated cheddar cheese.
4. Bake in the oven for 3-5 minutes or until the cheese melts and the base goes slightly crisp. Remove from the oven and sprinkle each pizza with the chopped basil.

Nutritional Information (per portion)

| | |
|----------------------|---------|
| Energy (kcal) | 326 |
| Protein (g) | 16.5 |
| Potassium (mg/mmol) | 386/9.7 |
| Phosphorus (mg/mmol) | 190/6.1 |
| Sodium (mg/mmol) | 231/9.9 |

Tip

Serve with polenta
fries, rice or pasta.

