

Stuffed tortilla pizza (Serves 1)

INGREDIENTS:

2 small tortillas (wraps)
1 tbsp homemade pesto (see separate recipe) or tomato passata
A handful of cheddar cheese, grated
2 tbsp rapeseed oil for brushing
Filling of your choice (thin slices of courgette, pepper, salami, cooked ham, chicken, halloumi..)

METHOD:

1. Brush one side of both tortillas with oil
2. Spread the pesto or passata evenly onto both
3. Sprinkle the cheese and your filling on top of only 1 tortilla
4. Place the tortilla with the filling on the bottom (oiled side down) and top with the other tortilla (oiled side up); press gently
5. Carefully place the tortillas into a hot, dry frying pan (using a flat spatula/fish slice) and cook on a low to medium heat for 3 mins
6. Carefully flip the tortillas and cook on the other side for another 3 mins
7. Once cooked, slice into quarters and serve with a salad and olives if you like them

NOTES:

Vegetable toppings work just as well here and will, of course, reduce your food carbon footprint but if you do choose a meaty option, try to make it local and sustainable.

Top tip: Passata is just whizzed up tinned tomatoes so you can easily make it yourself and why not put in some of your home grown herbs?