

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.