

**FULL
TIME**

GET COOKING WITH
MARCUS AND TOM



This week, let's fill up on...

SPINACH AND EGG FLATBREAD PIZZA

52



SPINACH AND EGG FLATBREAD PIZZA

SERVES
4

DONE IN
50



INGREDIENTS

For the flatbreads:

- 1½ mugs of plain flour, plus extra for dusting
- 2 tbsp vegetable oil
- ½ mug of water
- ½ tsp salt

For the topping:

- 8 tbsp tomato purée
- 4 blocks of frozen spinach, defrosted
- 4 medium eggs
- 2 large handfuls of grated mozzarella



A super simple pizza dough - this recipe cheats by making a flatbread instead so you get pizza in a flash!

METHOD

01

Whack the oven on at 180C.

02

Start by making the flatbreads. Add the flour, oil and water to a medium bowl and mix it all together to combine. Knead the dough on a lightly floured surface for a few minutes until smooth.

03

Divide the dough into 4 pieces then, using your hands, press each piece into a rough circle and then roll it out with a rolling pin to make it as flat as possible until it is roughly the size of your frying pan.

04

Heat the frying pan over a medium-high heat and, once hot, cook the flatbread for 2 minutes on each side, until browned and crisp on the outside. Slide the flatbread out of the frying pan and repeat the process to make 4 pizza bases.

05

Transfer the flatbreads to a baking tray or sheet, so you have 2 per tray (you may need to cook them in batches). Spread 2 tbsp tomato purée onto each flatbread, then scatter over the defrosted spinach. Crack an egg into the middle and then sprinkle over a little grated mozzarella. Repeat this to make 4 pizzas.

06

Cook in the hot oven for 6-8 minutes until the cheese has melted, the egg is just cooked and the base is crisp. Slice up, and tuck in!

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Supported by Facebook, Instagram and the Child Food Poverty Taskforce

Find out about the Healthy Start Voucher Scheme at www.endchildfoodpoverty.org

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