



CHICKEN PIZZA,

HOLD THE CHEESE

Being from an Italian/Sicilian family, *you think* you know what pizza is. Then you start travelling and you try new variations. In Rome I tried a pizza without a tomato base (in bianco and it was really lovely) and in Washington we visited President Obama's favourite pizza pie restaurant.

With this recipe I've used my tried and tested pizza sauce so it's a familiar pizza flavour for me and very light.

INGREDIENTS FOR 1 SERVING

<p>Nutrition Approx. macros per serving</p> <p>Macros are based on your edited ingredient amounts and currently selected items.</p> <p>Calories 405 Protein 35.1 g Carbs 46.2 g Fat 9.3 g Sugar 5.9 g Sat Fat 2.3 g Fibre 6.3 g Sodium 0.9 g</p> <p>Breakdown of calories per serving</p> <p>■ Protein ■ Fat ■ Carbs</p>	110g	Chicken breast, cut into chunks
	1	Large tortilla wrap
	80g	Chopped tomatoes
	5g	Olive oil
	45g	Spring onions, finely chopped
	1	Garlic clove, crushed
	25 ml	Water
	½ tsp	Dried oregano
	1 tsp	Cajun seasoning
	130g	Spinach
		Salt & Pepper

METHOD

- Preheat your oven to 190°C fan/400°F and line a baking sheet with non stick foil.
- In a frying pan add half the oil and throw in the garlic.
- After a moment add the chopped tomatoes, the water and dried oregano.
- Give everything a good mix and bring to a rapid boil, then simmer for a couple of minutes to reduce the sauce.
- Season with salt and pepper and set aside.
- Take another frying pan, add the other half of the oil and throw in the chicken.
- Sprinkle over the cajun seasoning and stir fry for a few minutes.
- When you feel the chicken is almost cooked, add the chopped spring onions and stir fry until the chicken is cooked. The chicken should be firm to the touch when cooked.
- Next add the spinach to wilt in the pan and season to taste.
- Take your tortilla, spread the sauce around the base as evenly as possible then top with the chicken and spinach mixture.
- Bake it in the oven for approx 10 minutes. The edges of the tortilla will brown slightly and the centre of the base will start to crisp.
- If it's soggy, pop it back in the oven for a few minutes.
- Then go eat!

NOTES

- The recipe for the sauce is really my pizza sauce, so you can easily adapt the toppings to suit your preferences.
- You could easily transform this dish into a calzone. Simply fill one half of the tortilla with half of the sauce and topping leaving a 1cm edge. Wet the edge with water and fold over to make the calzone. Seal the edges by crimping with a fork. Bake and serve the calzone with the remaining sauce.