

Pizza toast



Ingredients

2 slices bread preferably wholegrain
2 x15ml (tbsp) tomato pizza sauce (from school)
½ yellow pepper
1 spring onion
1 mushroom
30g hard cheese, e.g. Cheddar, Edam, Gruyere
½ x 5ml (tsp) mixed herbs

Equipment

White tray
Chopping board
Vegetable knife
Grater
Metal plate
Colander
Fish slice
Table knife
Dinner plate to serve it on

Method:

1. Personal preparation: apron, hands, hair, jewellery.
2. Collect equipment. Place ingredients on white tray.
3. Preheat the grill.
4. Wash the vegetables. Slice the pepper, spring onion and mushroom on the chopping board using the vegetable knife.
5. Grate the cheese on to a metal plate.
6. Place the bread under the grill and toast one side.
7. Remove the bread from the grill and place on the chopping board uncooked side-up.
8. Spread the tomato sauce over the bread.
9. Arrange the pepper, mushroom and onion over the slices.
10. Sprinkle the cheese and mixed herbs over the bread.
11. Place under the grill until the cheese bubbles.

Top tips

Try using a bagel or a piece of French stick sliced in half
Why not add cooked sausage or chicken, or canned tuna?
Add a spoon of pickle or chutney for extra bite.