



English muffin



pizzas





Ingredients

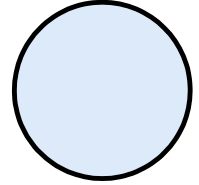


1

2



wholemeal English muffins



2

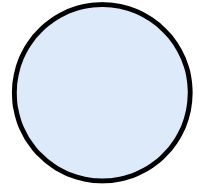
4



tablespoons



tomato sauce

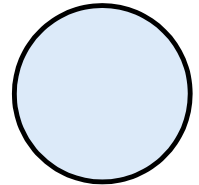


3

1



red pepper

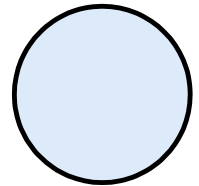


4

2



spring onions



5

4



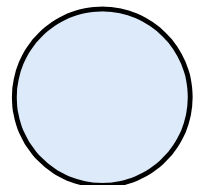
teaspoons



canned



sweetcorn



6

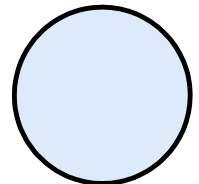
1



handful



basil



7

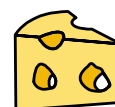
60



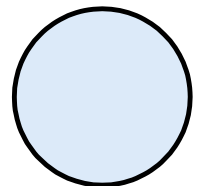
grams



reduced fat



cheese





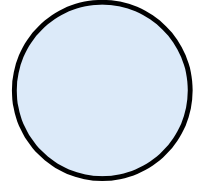
Equipment



1



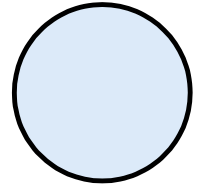
Baking tray



2



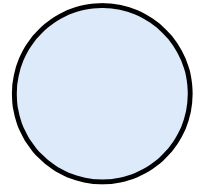
Greaseproof paper



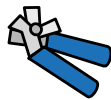
3



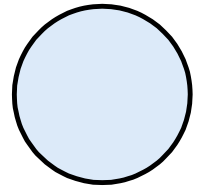
Grater



4



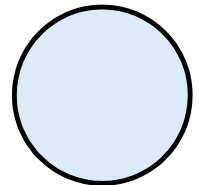
Can opener



5



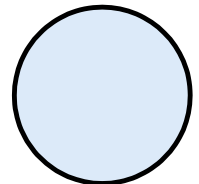
Chopping board



6



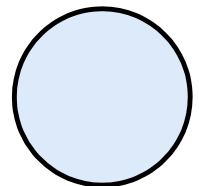
Bread knife



7



Scissors





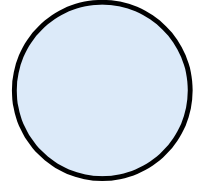
Equipment



8



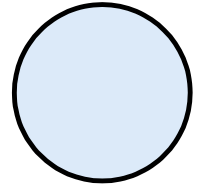
Tablespoon



9



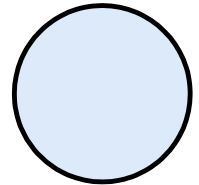
Teaspoon



10



Oven gloves

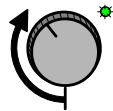




Method



1



200°C



Turn on the oven to 200 degrees or gas mark 6.

2



Line the baking tray with greaseproof paper.

3

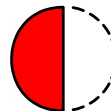


Carefully open the can of sweetcorn.

4



2



Cut

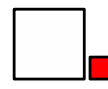
muffins in half.

5



Place the muffins on the baking tray.

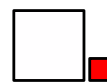
6



Cut

the red pepper into small pieces.

7



Snip

the spring onions into small pieces.



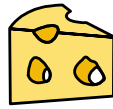
Method



8



Grate



the cheese.

9



Rip



a

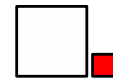
handful

of



basil

into



small



pieces.

10



Add

1



tablespoon

of

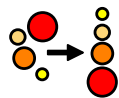


tomato sauce

on each muffin.



11



Arrange



the pepper

on each muffin.



12



Add

the spring onions

and

1



teaspoon

of

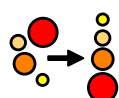


sweetcorn

on each muffin.



13



Arrange



the basil

on each muffin.

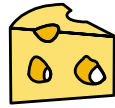




Method

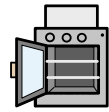
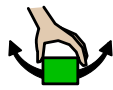


14



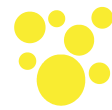
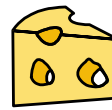
Sprinkle the cheese on each muffin.

15



Using oven gloves place the baking tray into the oven.

16

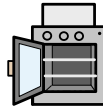
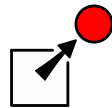


Cook for 10 minutes until the cheese bubbles



and browns.

17



Remove from the oven using the oven gloves.