

# PIZZA BUILDER



Use our pizza builder to create a nutritious pizza to your taste and budget.

## GET READY

For best results we recommend cooking your pizzas in the oven at 200C, and have included recommended cooking times below. If cooking in an oven isn't possible, using an air fryer or sandwich toaster can work well!

## START WITH A BASE

Pizza bases can be made from various foods you might have in the pantry or freezer. Choose a base that works with your time and budget.

- Wholemeal/grain wraps (8 min)
- English muffin (5 min)
- Lebanese or pita bread (10 min)
- Wholemeal pizza bases (15 min)
- [NMNT 3 Ingredient Flatbread](#) (8 min)



## + SAUCE

Add flavour with different sauces that will tie together your ingredients.

- Tomato paste (no added salt)
- Passata
- Hummus
- [NMNT Basil Pesto](#)
- [NMNT Roast Capsicum Sauce](#)
- [NMNT Green Sauce](#)



## + TOPPINGS

Toppings on your pizza are where you can add variety and colour and set apart home made pizzas from store bought. Make your pizza exactly how you like it

### veg & fruit

- Capsicum
- Mushrooms
- Brown/red onion
- Olives
- Tomato
- Pumpkin
- Zucchini
- Pineapple
- Mango
- Broccoli
- Spinach
- Rocket
- Avocado
- Eggplant
- Corn
- Carrot
- Cauliflower
- Artichoke

### cheese

*omit the cheese for a dairy free option*

- Mozzarella
- Bocconcini
- Feta
- Cheddar
- Goats cheese
- Cottage cheese
- Ricotta
- Parmesan
- Halloumi
- Vegan/plant-based cheese

### protein

*Include a source of lean protein to keep you fuller for longer. Some ingredients (tuna, chickpeas, beans) can be kept on-hand in pantry.*

- chicken
- beef
- lamb
- lean mince
- prawns
- canned tuna
- tofu
- chickpeas
- red kidney beans



## + AN EXTRA KICK

Home-made pizzas don't need to be boring. Add an extra kick using one or more of these flavours

- Lemon/lime
- Chilli
- Smoked paprika
- Garlic
- Spring onion
- Anchovies
- Fresh herbs (oregano, parsley, mint, chives, basil, thyme, coriander, dill)
- [NMNT Herby Yoghurt Sauce](#)
- [NMNT Basil & Mint Yoghurt](#)
- [NMNT Salsa Verde](#)
- [Greek Tzatziki](#)



## + A SIDE

Add more vegetables and variety to your meals by adding a side salad, or some steamed veggies.

- Salad (use our salad builder)
- Rocket
- Baby spinach
- Steamed vegetables e.g. broccoli, zucchini, green beans

