

Lamb Meatball and Fetta Pizza

3 cups of plain flour

½ teaspoon of salt

1 teaspoon of sugar

7gm sachet of yeast

1 cup of warm water

2 tablespoons of olive oil

2 teaspoons of sea salt

200gm of lamb mince

1 tablespoon of chopped rosemary

½ cup of tomato pasta sauce or paste

½ cup of grated cheese

½ a capsicum, sliced thinly

1 small zucchini, peeled into ribbons

50 gm of crumbled fetta cheese

50gm of rocket leaves

60gm of cherry tomatoes, quartered

To make the base

Preheat oven to 200°C

Sift the flour and ½ a teaspoon of salt together into a large bowl.

In a measuring jug, place the yeast, sugar and warm water.

Cover with glad wrap and let it sit for 5 minutes. This will allow the yeast to start growing and become active.

Make a well in the centre of the flour and salt and add the olive oil and the water and yeast mixture.

Mix to form a firm dough, you may need to add a little more water if it is too dry.

Place the dough on the bench and knead for about 10 minutes, until smooth and elastic.

Spray the large mixing bowl with cooking spray and place the dough back into the greased bowl. Cover it with a damp cloth and set aside to rise for about 30 minutes. Greasing the bowl will stop the dough sticking as it rises.

When the dough has doubled in size, turn it out onto the bench again and “knock back” the dough. This means to punch out the air.

Turn up the oven to 220 °C.

Knead for another 1-2 minutes.

Spray the baking trays with cooking spray.

Divide the dough into 2 pieces and roll each piece into an oval shape that is about 2 cm thick.

Place the dough on the greased trays.

To make the meatballs

Combine the mince, rosemary, salt and pepper in a medium bowl. Shape heaped teaspoons of mixture into small balls. Spray a large frying pan with cooking spray and cook the meatballs for about 5 minutes and until brown.

To make the pizza

Meanwhile spread the pizza base with the tomato paste/sauce and sprinkle with the grated cheese.

Top the pizza with capsicum, zucchini, meatballs and fetta. Sprinkle with the remaining grated cheese. Bake for 20 minutes or until the base is crisp.

Remove the pizza from the oven and sprinkle with the rocket leaves and chopped cherry tomatoes.