FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Chicken and pesto Fizza



Serves	Prep Time	Cooking	Total Time	Calories
2 people				**0 kcal**

Stuff that's in it:

• 1 Wholemeal Tortilla Wrap ((Tesco))

• 11G Pesto With Fresh Basil

• 90G Flamed Chicken Chunks

• 22G Red Onion (Sliced)

• 38G Baby Plum Tomatoes (Halved)

• 40G Tomato Puree

• 60G Grated Mozzarella

• 50G Pickled Red Cabbage

What you do:

Pre heat your oven to 180˚c

Using a basting brush, spread the puree all over the wrap, leaving an inch all around the edge. Add the chicken onion, tomato and put small blobs of pesto all over, sprinkle the cheese and cabbage then pop in the oven on a pizza tray for around 10 minutes or to how you like it.

Slice and serve.

Nutrition

• Carbs: 49g

• Fat: 23g

• Protein: 41g

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