

Cookery- Pizza Swirls -

1 pkt of ready-made short crust pastry

For the filling

2 tablespoons tomato puree

1 small onion (grated)

1 red pepper

100g (4oz) ham

50g (2oz) cheddar cheese (grated).

You will also need a mixing bowl, plate and foil - to transport home

These will need to be cooked at home on a baking sheet for 12 - 15 mins on gas 7 or 220C/424F.