

QUICK MINI PIZZAS

1. Thin slice the spicy sausage and put it into a medium frying pan with a little olive oil on a medium heat. Cook for 1 minute then add a can of crushed tomatoes and the mustard and let it cook for about 5 minutes on a high heat. Then set aside.

2. While the sauce is cooking, toast some medium thick slices of really good wholegrain bread. Cross cut the onion into rings and cook in a little olive oil in another pan for just a couple of minutes.

3. To make the mini pizzas, simply spoon over the tomato sausage sauce and top with some torn mozzarella cheese or any grated cheese you like. Put a few of the cooked onion rings on top and grill for 1 minute. Sprinkle with some dried oregano and a little extra black pepper for extra kick. Enjoy!

PREP 10 mins - **COOK** 10 mins

INGREDIENTS: for 2 people

- Some spicy sausage
- chorizo, salami or pepperoni
- 1 can of crushed tomatoes
- 1 small onion
- 1 spoonful of mustard
- Wholegrain bread
- Mozzarella cheese
(or other you like)
- Olive oil
- Black pepper

LOVE HEART FOOD

