

Phoebe's Healthy Pizza wrap served with sweet potato fries

| Ingredients | Method |
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| <p style="text-align: center;">Pizza</p> <p>4 Tortillas 1 small garlic 400g tin chopped tomatoes ¼-½ tsp chilli flakes (optional) 125g/ Cheddar Cheese 1 yellow or red pepper flaked sea salt and freshly ground black pepper Toppings of your own choice 😊</p> <p style="text-align: center;">Fries</p> <p>Sweet potatoes Olive oil Salt and pepper</p> | <ol style="list-style-type: none"> 1. Pre-heat your oven to 180C or if gas 200C. Place tortillas on to a lined baking tray (either greaseproof paper or tin foil will work). 2. For your fries, cut the sweet potatoes into lengths add to a bowl with a little water. 3. Place into the microwave for 6 minutes 4. On to a chopping board, using a knife cut the peppers into lengths and then dice. BE careful using the knife, REMEMBER, you cutting methods of bridge and claw 5. Once the fries have finish in the microwave, drain the remaining water and drizzle with oil and season with salt and pepper. Pour onto a baking tray and bake in the oven for 20-30 minutes until golden 6. Divide the chopped tomatoes evenly between the 4 tortillas, spreading them out but leaving a small border. 7. Scatter over the chilli flakes, if using over the top of the chopped tomatoes 8. Divide the cheese and peppers evenly over the top. 9. Add the toppings of your choice to the pizza here 😊 10. Pop trays into the oven to bake for about 4-6 minutes (depending on how hot your oven is), or until the cheese has melted and the tortillas are crisp and golden-brown on their edges. 11. Remove the tortillas from the oven and slide onto serving plates. Top with the rocket and basil (if using). |

Step by step making

1. Sweet potato fries

