

'Sort Of' Puttanesca Pizza Topping (Egg-Free, Gluten-Free, Nut-Free, Soy-Free)

This recipe was created by chef Dick Mieli and published in the January 2008 issue of Foods Matter. Use it to top your favorite pizza crust (wheat-based or gluten-free) or give this whole wheat crust a try.

'SORT OF' PUTTANESCA

Wheat, gluten, corn, soya, dairy & nut free

Since not everyone is as anchovy mad as we are, anchovy haters could substitute salami for the anchovy in this

topping. 2 tbsp olive oil

4 large cloves garlic, peeled and crushed

2 x 14oz tins plum tomatoes, roughly mashed

leaves from 1 large sprig fresh rosemary or 2 tsp dried

24-30 stuffed green olives, halved or sliced

6 large anchovies, chopped finely or 6 slices spicy salami (check ingredients) cut into small matchsticks

sea salt and freshly ground black pepper

Heat the oil in a heavy, deep pan and gently fry the garlic for a few minutes. Add the tomatoes, rosemary, half the olives and the anchovies or salami.

Bring to the boil then reduce the heat and simmer, uncovered, for 30-35 minutes - the tomatoes need to reduce to a thick sauce. Season to taste.

When ready to cook, spread over the pizza base, scatter the remaining olives over the top and bake for 15 minutes in a hot oven. SERVES 6 - PER PORTION

83cals - 2.6g protein

6.5g total fat - 1g sat / 4.5g mono / 0.5g poly

4g carbohydrate of which 3.5g sugar

1.2g fibre - 366mg sodium / 0.9g salt

28mg calcium

GOOD SOURCE OF: Vitamin B6