

IT'S NEVER TOO LATE TO JOIN OUR FAMILY FAKEAWAY CHALLENGE!

We all like to treat ourselves to a night without cooking by ordering some convenience food. Unfortunately, those “treats” can have a negative impact on your whole family’s health and wellbeing especially if you eat them often.

How to take part:

1. You will receive a weekly recipe for a nutritious Move More Family Fakeaway.
2. Prepare this recipe with your children and enjoy it as a family.
3. Send us photos to show your family preparing and/or enjoying the meal together (Photos won’t be shared or used without your permission).
4. Photos should be sent to marijana@move-more.org
5. The winning photo will be announced at the end of the challenge.

WEEK TWO

Homemade Pizza!

Home made pizzas are fun to make and often contain healthier ingredients than the more processed ones sold in fast-food restaurants. On average, takeaway pizza has a lot more saturated fat, sodium and sugar than a homemade pizza.

Top Tips!



The nutritional value of pizza depends primarily on the toppings. To get more fiber, vitamins, and minerals add lots of colourful veggies. If you'd like to reduce sodium, don't use processed meats (like pepperoni). If you are trying to be mindful of your calorie or saturated fat intake, enjoy your pizza with less cheese.

Did you know...



Swapping takeaways for fakeaways can help you control the size of your portions. Research says that when we order takeaways we tend to get carried away, order and eat a lot more than we need.



Homemade Pizza

Prep time: 20 minutes

Resting time: 15 minutes

Overall cooking time: 40 minutes

Makes 2 large pizza bases

Shopping List

For pizza bases:

- 400g plain flour, plus extra to dust
- 1 x 7g sachet fast action dried yeast
- 1 tsp fine sea salt
- 1 tsp caster sugar
- 2 tbsp olive oil, plus extra to drizzle
- 225ml water
- 1 tbsp cornmeal, polenta or semolina, to roll out

For the sauce:

- 1 tbsp olive oil
- 2 garlic cloves, crushed
- 1 x 400g tin peeled plum tomatoes
- ½ x 30g pack basil
- 1 tsp dried oregano (if you have fresh, use 2 tsp, chopped)

Toppings - anything you like! Cheese, Sliced peppers, sweetcorn, roast courgette, mushrooms, anchovies, pineapple, spinach...

1. Preheat the oven to the hottest it will go. Put in 2 large baking trays, to get really hot.
2. Mix the flour, yeast, salt and sugar together in a mixing bowl. Make a well in the centre and add the oil, then add about 225ml water to bring together as a dough. Tip out onto a floured surface and knead for 1 minute, just until smooth. Leave to rest under the upturned bowl.
3. Fry the garlic in hot oiled saucepan for 30 seconds, without browning. Add the tin of tomatoes, half the basil and all the dried oregano to the pan.
4. Squash the tomatoes down with the back of a spoon or with a potato masher. Simmer for 15 minutes until thickened. Season to taste; remove from the heat and allow to cool to room temperature.
5. Roll out one ball of dough at a time on a lightly floured surface, to about 25cm in diameter. Sprinkle a large square of baking paper with the cornmeal (or alternative) then lift the dough onto the paper. Stretch and press the pizza dough with your fingertips until it is about 30cm diameter, indenting a thicker crust around the edges.
6. Repeat to make a second pizza.
7. Divide the tomato sauce between each pizza; spread thinly. Add cheese and any other toppings of your choice. Leave to rise for 10-15 minutes.
Don't be tempted to overload your pizza!
8. Transfer each pizza (still on its paper) to the preheated tray.
9. Bake for 10-15 minutes until the dough is golden. Serve with a bowl of lovely crunchy salad and enjoy!
10. Share your favourite toppings with Marijana #FakeawayChallenge (see below)

Missed a challenge? Fear not!

You can download previous weeks here >>

<https://www.move-more.org/at-home-resources/>



Email: marijana@move-more.org

Or Share your #FakeawayChallenge pics on social media

Don't Forget to Tag & Follow us @MoveMoreCIO

WWW.MOVE-MORE.ORG