+275.mm

+230.mm

15mm seal

175mm

25mm base of pack

15mm seal

Tomato & Mozzarella Deep Pan Pizza

Oven 220°C, Fan 200°C, 425°F, Gas 7

PIZZA BASE
1 FREEE Pizza Base Mix
350ml tepid water
3 tbsp oil
oil, for tray

TOPPING
1 onion, diced
1 garlic clove
1 tbsp olive oil
300g tomatoes
1 tsp mixed herbs
pinch of brown sugar
salt & pepper
200g mozzarella *(or vegan mozzarella)*, **grated**
fresh basil, for serving

PIZZA BASE
1. Oil the inside of a 23x33cm baking tray or insert a baking liner. **2.** Put the mix into a bowl, add the water & oil & stir into a smooth paste. **3.** Tip the paste onto the baking tray, spreading it to the edges. **4.** Rub oil over a piece of foil & cover the tray, oil side down. **5.** Leave in a warm place for 30 minutes. **6.** Pre-heat the oven 20 minutes before baking. **7.** Remove the foil & prick all over the pizza base with a fork.

TOPPING
1. Bake for 25 minutes. **2.** Put the oil into a saucepan over a medium heat. **3.** Finely dice the onion & garlic into the pan & cook until softened. **4.** Chop & add the tomatoes, herbs, sugar, salt & pepper. **5.** Simmer gently to reduce the quantity by half. **6.** Cover the pizza base with the tomato sauce. **7.** Sprinkle mozzarella *(or vegan mozzarella)* over the top. **8.** Bake for 10-12 minutes. **9.** Scatter basil over the pizza & serve.

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When you long for a pizza but cannot eat gluten, it can feel as though the whole world is against you. We tried and tested lots of ingredients until we developed this Pizza Base Mix which we all fell in love with. Now it's easy to make thin and crispy or deep pan pizza everyone can eat!
You can use any type of oil in our recipes and gently re-heat any leftovers in the oven.

Clare

FOUNDER, FREEE

freee

pizza base *mix*

GLUTEN FREE | VEGAN

SOURCE of *FIBRE*

QUICK & EASY

Makes 2 thin & crispy pizzas or 1 large deep pan pizza. Make them vegan with our recipe swaps.

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GLUTEN FREE Pizza Base Mix

Ingredients: brown rice flour, potato starch, chickpea flour, tapioca starch, maize flour, dried rice syrup, yeast, salt, thickener (xanthan gum), antioxidant (ascorbic acid). Made in the UK with EU & Non-EU Rice.
Storage: Store in a cool dry place away from sunlight.
Packaging material: Paper / PET/ PE Laminate
Always cook flour before consumption.

Nutrition Typical values	Per 100g
Energy	1479kJ 349kcal
Fat	2.6g
of which saturates	0.6g
Carbohydrate	73g
of which sugars	0.8g
Fibre	3.6g
Protein	7.0g
Salt	1.0g

KLBD PARVE

CUK-M-144
CUK-G-017

Vegan

350g e

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freee-foods.co.uk

V1

Best before:

Thin & Crispy Pesto & Feta Pizza

Oven 220°C, Fan 200°C, 425°F, Gas 7

PIZZA BASE
175g FREEE Pizza Base Mix
200ml tepid water
1 ½ tbsp oil
oil, for tray

TOPPING
150g pesto sauce
100g feta *(or vegan feta)*

PIZZA BASE
1. Rub some oil around the inside of a large baking tray or insert a baking liner. **2.** Put half the pizza mix into a large bowl, add the water & oil and stir to make a thick paste. **3.** Tip the paste onto the prepared tray & spread it into a 30cm/12" circle with a spatula. **4.** Rub some oil over a large piece of foil & use it to cover the tray, oil side down. **5.** Leave in a warm place for 30 minutes. **6.** Pre-heat the oven 20 minutes before baking. **7.** Remove the foil & using a fork, prick all over the pizza base. **8.** Bake for 20 minutes.

TOPPING
1. Spread the pesto sauce over the pizza base. **2.** Crumble the feta *(or vegan feta)* & scatter it over the top. **3.** Bake for 10-12 minutes.

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