**** Blue Class

Rainbow Fish Pizza

**Makes 4 individual pizzas**

[Storytime Chefs : Rainbow Fish Pizzas](https://www.organiccookeryschool.org/blog/rainbow-fish-pizzas)

These quick and healthy pizzas are inspired by The Rainbow Fish (by Marcus Pfister), and encourage children to pile up on a variety of different coloured veggies, helping them meet their five a day targets and eat a rainbow too.

For speed and convenience, shop-bought pitta bread works fine (Waitrose and Ocado stock organic versions).  Pitta are easy to cut to shape with sturdy kitchen scissors, and both wholemeal and white pitta both taste great in these pizzas.

Trimming into a fish shape can be a bit awkward (there’s a good chance that little ones could accidentally chop off a tail!) but is great for developing motor skills - so be prepared to model where to cut and help little ones. (and have a few pitta spare just in case)

Next comes a topping of our veggie packed [magic tomato sauce](https://www.organiccookeryschool.org/blog/magic-tomato-sauce), but any good quality tomato pasta sauce will work (we like Seeds of Change and Mr Organic sauces).

Let your junior chefs get busy with the cheese grater, minding their fingers (and fingernails) before offering them a rainbow selection of veggie toppings.

**Ingredients**

* 4 pitta bread (wholemeal or white))
* Approx. 150g tomato sauce
* Cheese to grate (e.g. cheddar, mozzarella)
* A pinch of dried Italian herbs
* Plus, a selection of rainbow coloured veg to top:
* Peppers (capsicum) in red, yellow, green and orange)
* Sweetcorn
* Red onion or spring onions (scallions)
* Broccoli
* Baby mushrooms
* Cherry tomatoes
* Olives
* Plus, a spritz/dribble of olive oil

**What to do:**

1. Pre-heat oven to 180 0 C

2. Trim pitta into a fish shape using kitchen scissors, and place on a baking sheet.

3. Spread a heaped tablespoon of tomato sauce on each pitta,

4.Grate cheese and sprinkle over sauce, adding a pinch of Italian herbs.

5. Carefully chop your vegetables into little pieces using a table knife, scissors or a child's safety knife.

6. Top pizzas - go to town making your pizza fish as colourful as possible.

7. Spritz or dribble with a little olive oil.

6. Bake for 1-12 minutes until bubbling and golden brown. Allow to cool a little before eating.

**Optional: try mini pittas to make lunch-boxed sized mini rainbow fish treats.**

*\*N.B. Children should always be supervised when cooking, and an adult should oversee the use of heat as well as all preparation involving sharp utensils.*