



# CHICKEN, SPRING ONION & VINTAGE CHEDDAR TORTILLA PIZZA

<https://www.mainland.co.nz/recipe/chicken-vintage-cheddar-pizza.html>



**PREP TIME**  
**20 MINS**

**COOKING TIME**  
**10 MINS**

**SERVES**  
**2-3**

Curb those junk food cravings with this healthy pizza recipe by Rhiannon Baldock. Using light tortillas as the pizza base, topped with fresh vegetables, high protein chicken, a light sprinkling of sharp Mainland Vintage Cheddar and lower fat Mainland Mozzarella, this one is the perfect guilt-free treat to share with family, friends or flatmates.

## Ingredients

- 2 large tortillas/wraps
- 1tbsp + 3tbsp tomato passata or puree
- 1 cooked chicken thigh - sliced
- ¼ red onion - thinly sliced and cooked until soft
- Handful baby spinach
- ¼ cup grated Mainland Vintage Cheddar
- Handful grated Mainland Mozzarella
- ½ spring onion - thinly sliced
- Fresh parsley
- Salt and pepper
- Olive or avocado oil

## Method

1. Preheat the oven to 220 degrees Celsius, fan bake. Once heated, place a baking tray in the oven to heat.
2. Lay one tortilla/wrap on the heated tray. Spread with 1tbsp of tomato passata, then lay the next tortilla on top. Bake for 5 minutes, flip, then bake for a further 3.
3. Once the base has been cooked, spread the remaining passata over the base. Spread the chicken, red onion and baby spinach over the tortilla, then sprinkle with the cheese.
4. Bake for 10 minutes or until the base is golden brown and the cheese has melted.
5. Sprinkle spring onion, parsley and seasoning over the cooked pizza, then season. Serve hot.