Make mini pepperoni pizza peppers

These delicious mini snacks are perfect to share.

What you need

- 6 bell peppers
- 60ml pizza sauce or passata
- 115g chopped **mozzarella** or grated **cheddar cheese**
- 60g pepperoni, chopped
- Knife
- Teaspoon
- Cheese grater
- Baking sheet

WARNING!
Ask an adult for permission before you start cooking.

These little snacks taste just like mini pizzas and are really simple to make. This recipe uses bell peppers. Bell peppers come in yellow, red and orange (and green if they're not yet ripe) and are packed with vitamin C. This vitamin helps to support your immune system. This is the body's defence system that helps you fight infections and other diseases. Mini bell peppers don't contain capsaicin (a substance found in chilli peppers) so they're not hot and spicy.

These mini pizzas are great for parties or a movie night.



Instructions

1. Heat the oven to 200°C. Rinse the mini bell peppers, then with an adult's help cut them in half lengthways. Scoop out the peppers' membranes (the white part inside) and seeds, and discard them.
2. Arrange the peppers with the cut side facing up on a baking sheet. If a pepper is wonky and leans too much to one side, you can prop it up with the support of a small ball of crumpled-up tin foil.
3. Spoon one teaspoon of pizza sauce/passata into each pepper. Top with a sprinkling of the cheese of your choice and pepperoni. You can also use other toppings if you'd like, for example basil, olives or cooked chicken.
4. Bake until the cheese has melted and is bubbly, and the peppers have softened (about seven minutes).
5. Remove the peppers from the oven and leave them to cool slightly before eating.



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Allergy information
Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at tinyurl.com/TWJ-allergies

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