

BE A GOOD SPORT!  BE A GOOD SPORT!  BE A GOOD SPORT!

# BE A GOOD SPORT



**SPORT  
RELIEF**

SPORT!  BE A GOOD SPORT!  BE A GOOD SPORT!

**BE A GOOD COOK!  
YOUR TASK GUIDE**



# BE A GOOD COOK

Being good to your body includes moving more, and eating well. But who said healthy food has to be boring?!

Check out this brilliant

## RAINBOW PIZZA RECIPE

from our friends at Sainsbury's!

### Ingredients:

- 500g Sainsbury's frying pan sourdough pizza mix, Inspired to Cook
- 125g Mary Ann's dairy mozzarella
- 250g Imperfectly Tasty cherry tomatoes
- 1 orange pepper
- 100g baby leaf spinach
- 190g Sainsbury's roasted red pepper pesto

All the ingredients can be picked up at Sainsbury's.

### Method:

1. Make the dough. Tip the pizza mix into a bowl with 340ml water and mix together with your (clean!) hands. Put some flour onto a clean work top and tip the mix onto it. Knead with your hands for 10 minutes. Pop the mix into an oiled bowl and cover with a damp tea towel. Leave to prove for 1.5 hours or more.
2. Prepare your toppings! Preheat the oven. Ask an adult to help you thinly slice the pepper and place on a baking tray with 1 tsp oil. Roast in the oven for 10 minutes until softened. Carefully halve the tomatoes and drain and tear up the mozzarella. Include other toppings if you wish - the more colourful the better!
3. When your dough has doubled in size, tip it out onto a clean, floured worktop and split in two. Roll each portion out flat and shape into a circle around 1.5cm thick.
4. Get an adult to heat some oil in a large frying pan and add the first pizza base, carefully stretching out the sides. Spread pesto over the base and then half the mozzarella. Add half the tomatoes and the pepper, as well as any other toppings you prepared.
5. After about 5 minutes the pizza base will be crisp. Ask an adult to help you transfer to under the grill and cook for about 5 more minutes, until the crust is crisp and the cheese starts to bubble.
6. Ask an adult to remove the pizza from the pan.
7. Repeat the process with the remaining ingredients.
8. Enjoy!



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# INSPIRED?

## To complete your 'Be a Good Cook' task:

Whether you're a master-chef or a sandwich superstar, this week's challenge is your chance to cook up a storm! Simply whip up the recipe above, or one of Sainsbury's other carefully selected recipes, record what you've done on your activity checklist (before you eat it!) and tick that box! ✓

Go on, Be a Good Sport!



If you're interested in cooking more, you can find additional recipes at:

[WWW.SAINSBURYS.CO.UK/GOL-UI/RECIPES](http://WWW.SAINSBURYS.CO.UK/GOL-UI/RECIPES)



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