FOOD & COOKING
WITH CHEF ROSS

Vegetarian Pizza



Preparation: About 15 minutes | Baking: About 10–15 minutes | Serves: 1 person

What you need

Ingredients



- 1 spring onion, sliced
- ¼ red capsicum, sliced
- 2 mushrooms, sliced
- 1 wholemeal Lebanese bread
- 1 tablespoon tomato paste
- ¼ cup grated tasty cheese
- ¼ teaspoon dried oregano
- Salt & pepper to taste

Equipment



- Fan-forced oven and oven mitts
- Baking tray
- Knife and chopping board
- Spoon and measuring spoons

Let’s make it



1. Prepare — about 15 min

Heat the fan-forced oven fully to 180°C.
Wash and slice the spring onion, capsicum and mushrooms.

Vegetarian Pizza



2. Spread, then add cheese

Put Lebanese bread on a baking tray.

Spread tomato paste over it.

Sprinkle cheese directly onto the tomato paste.



3. Add the vegetables

Place spring onion, capsicum and mushroom on top of the cheese.

Sprinkle with oregano, salt and pepper.



4. Bake — about 10–15 min

Bake for 10–15 minutes.

Check after 10 minutes.

When the cheese has melted, vegetables have softened and the base is crisp, use oven mitts to remove the tray.

Cool briefly and serve.

Serving and storage

- Refrigerate leftovers within 2 hours.
- Store covered at 5°C or colder and use within 3 days.
- Reheat until steaming hot.
- Cheese must be made with vegetarian-friendly rennet for the vegetarian label.
- This pizza is not vegan.
- Bread contains wheat/gluten unless substituted.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative. Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.