

Pizza Frutti di mare

4 pizzas

Sauce

1 can finely crushed tomatoes 400 g
2 tbsp olive oil
1 tsp black pepper
1 tsp cayenne pepper
2 tsp salt
2 cloves crushed garlic
2 tsp pizza seasoning
2 tbsp red wine
0.5 tsp granulated sugar

Mix all ingredients in a saucepan. Cook over low heat for about 30 minutes, so that the sauce thickens.

Pizza

4 pizza tortillas
200 g peeled shrimp
200 g crab sticks
1 can white asparagus approx. 200 g
1 red pepper
4 dl grated cheese

Preheat oven to 250 °C (482 °F).

Cut the crab sticks into pieces.

Drain the asparagus in a colander and cut into pieces.

Shred the pepper into pieces.

Spread 2 tbsp pizza sauce on each tortilla.

Spread shrimp, crab sticks and asparagus on the tortillas.

Sprinkle with the grated cheese and paprika.

Bake in the oven for about 6-7 minutes or until the cheese has melted and is slightly browned.

Top the pizzas with green salad.