

Basic Pizza Dough

Traffic light category: **Amber**

Serves: 10-12 small pizzas

Ingredients

- 375mL (1½ cups) warm water
- 2 teaspoon (7g/1 sachet) dried yeast
- ½ teaspoon sugar
- 600g (4 cups) plain flour
- 1 teaspoon salt
- 60mL (¼ cup) olive oil

Method

1. Combine the water, yeast and sugar in a small bowl. Set aside for 5 minutes or until foamy
2. Combine the flour and salt in a large bowl and make a well in the centre. Add the yeast mixture and oil. Use a round-bladed knife in a cutting motion to mix until the mixture is combined. Use your hands to bring the dough together
3. Turn the dough onto a lightly floured surface and knead for 10 minutes or until smooth and elastic. Place in a lightly oiled bowl, turn to coat in oil
4. Cover with plastic wrap and set aside in a warm, draught-free place to rise for 30 minutes or until dough doubles in size
5. Knead lightly again before cutting into equal portions and rolling out.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	87kJ	1064.5kJ
Protein	5.6g	6.5g
Total fat	5.2g	6.0g
Saturated fat	0.8g	0.9g
Carbohydrate	36.5g	42.0g
Sugars	0g	0g
Dietary fibre	2.0g	2.3g
Sodium	192.9mg	221.7mg



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