

# Ham, Egg & Tomato Calzone



Preparation time: 45 mins

Serves: 8 people

User Rating: ★★★★★

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Win the award for parent of the year by putting some of these delicious calzones in your kid's school lunchbox this week. Make the ham, egg & tomato filling or try experimenting with other fillings such as egg, capsicum and grated cheddar.



## Ingredients

### DOUGH

- 2 cups (300g) plain flour
- 2 tsp (7g) instant yeast
- 1 tsp caster sugar
- ½ tsp salt

¾ cup (185ml) warm tap water

2 tbsp olive oil

## FILLING

3 eggs

100g sliced ham, diced

1 large tomato, finely diced

½ tsp dried oregano

⅔ cup (70g) shredded pizza blend cheese

## Method

### DOUGH

To make the dough, combine flour, yeast, sugar and salt in a large bowl. Add water and oil. Stir to form a soft dough. Knead on a lightly floured surface for about 5 minutes, or until smooth and elastic. Set aside, covered, while making the filling.

### FILLING

1. Place eggs in a saucepan and cover with water. Bring to the boil and cook for 5 minutes (medium boiled eggs). Drain and immerse in cold water. Peel and chop into 1cm dice.
2. Combine chopped eggs, ham, tomatoes, oregano and cheese. Mix well.

### CALZONES

1. Preheat oven to 220°C/200°C (fan-forced) and line 2 large baking trays with baking paper.
2. On a floured bench, cut ball of dough into eight equal pieces. Roll out each piece to a 12cm circle.
3. Divide filling into 8 portions, approx. ⅓ cup per portion. Spoon onto one half of each of the dough circles. Fold pastry to enclose filling and pinch edges together.
4. Place calzone on prepared tray and cook for 15 minutes, or until golden and crisp. Serve warm or cold.

### ALTERNATIVE FILLINGS

Egg, capsicum and grated cheddar

Creamed corn, shredded chicken, pizza sauce

### Notes

- For convenience, use 2 x 250g ready-made pizza dough balls which can be found in most large supermarkets.
- Eggs should be medium boiled to avoid drying out in calzone.
- Great warm or cold for school lunchboxes.
- Wrap cooked calzone individually, label and date and freeze for up to 1 month. Defrost in fridge overnight before placing in lunchboxes.
- To reheat defrosted calzone, microwave on high heat for 35 seconds or place on an oven tray in a 180°C oven for 10 minutes, or until hot.

### Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
<b>95g</b>	<b>1020kJ</b> <b>244kcal</b>	<b>10.8g</b>	<b>8.8g</b>	<b>2.5g</b>	<b>29g</b>	<b>1.9g</b>	<b>384mg</b>	<b>1.6g</b>

All nutrition values are per serve.

