

Main dish

Recipe: Super Tuna Pizza

Toasted wholemeal bread as pizza base, topped with tuna, pineapple, mushroom and capsicum for a hearty breakfast.

Preparation time: 15 minutes

Cooking time: 45 minutes

Serves 12 children

Ingredients

- 12 slices wholemeal bread*
- 180 g tomato puree*
- 6 g oregano flakes (dried)
- 300 g tomatoes, seeds removed and cubed
- 180 g green capsicum, chopped
- 90 g button mushrooms, sliced
- 300 g canned tuna*, (canned in water), drained
- 90 g onion, chopped finely
- 120 g reduced fat cheese slices (6 slices)*



* Choose products with the Healthier Choice Symbol

Methods

1. Apply gentle pressure on roller to lightly flatten the bread.
2. Toast the bread in the toaster for 2 – 3 minutes.
3. Remove the bread from the toaster and spread some tomato puree on the bread and sprinkle with a little oregano.
4. Top with tomato, capsicum, mushroom, tuna, onion and cheese on the breads.
5. Toast the bread for 8 – 10 minutes until the cheese has completely melted and it is lightly brown on top.

Tips:

- *Toast the bread till lightly brown so that it will not become soggy after you apply the tomato puree. Spread the tomato puree thinly and evenly.*
- *For a variety of assorted flavors, you can add small broccoli florets in place of green capsicum and use sautéed minced chicken breast instead of canned tuna, without much price difference.*

Nutrition Information

(Per serving): 134 g

Energy 160.8 kcal

Protein 13.1 g

Total fat 4.1 g

Saturated fat 2.1 g

Carbohydrates 17.6 g

Dietary fibre 2.9 g

Sodium 188.5 mg

Cost Per Serving: \$ 0.80