



Soifua Maloloina Pizza

Method

1. Preheat oven to 180°C.
2. Place pita bread on baking trays.
3. Spread tomato pasta sauce over pita bread and sprinkle with mixed herbs.
4. Top with tomato, capsicum, mushrooms, onion and ham.
5. Sprinkle with cheeses last.
6. Bake in oven for 15 minutes or until heated through and the cheese has melted.

Recipe Information

Number of Serves: 6-8

Preparation Time: 15mins

Cooking Time: 15mins

Ingredients

2 packets wholemeal pita bread
200mL tomato pasta sauce
2 teas mixed herbs
2 ripe tomatoes, finely chopped
1 small green capsicum, chopped
120g mushrooms, sliced
1 red onion, chopped
150g lean ham, chopped
½ cup grated low fat mozzarella cheese
½ cup grated low fat cheddar cheese

Soifua Maloloina tips:

- You can use wholemeal breadrolls, English muffins, tortillas or traditional pizza bases too
- Try other vegetables like fresh tomato, olives, corn, pineapple or roast pumpkin
- Use leftover roast chicken instead of the ham
- Add a swirl of BBQ or sweet chilli sauce to the base for something different

