

食譜

Recipes



Pita Pizza

Ingredients:

Pita bread	1 piece
Canned tuna in spring water	30 g
Sweet corn	2 tablespoons
Bell pepper	½ piece (diced)
Mushroom	5 pieces (sliced)
Herb	A pinch
Grated low-fat cheese	¼ cup
Vegetable oil	1 teaspoon

(Remark: 1 cup ≈ 240 ml)

(Serves about 2 persons)



Seasoning:

Tomato paste	1-2 tablespoons
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Method:

1. Preheat an oven to 180-220°C. Set aside.
2. Drain the canned tuna. Set aside.
3. Wash, remove the seeds and dice the bell pepper. Wash and slice the mushrooms.
4. Heat a pan. Add the sweet corn, bell pepper and mushrooms onto the pan and sauté for 1-2 minutes. Set aside.
5. Place the pita bread on a baking tray. Spread some tomato paste and then put the tuna, sweet corn, bell pepper and mushrooms onto the bread. Sprinkle with grated cheese and herbs.
6. Bake the pizza (pita bread) for approx. 10 minutes until crispy (or adjust the baking time according to your preference), and serve.

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Nutrition Tips

1. Replacing processed and commonly used ingredients, such as pepperoni and ham, with tuna helps to reduce fat and salt content.
2. Adding bell peppers, sweet corn, mushrooms, etc. onto the pizza makes it look more colourful and provides us with dietary fibre, vitamin and potassium, which are beneficial to our health.
3. Baking and sautéing with less oil reduce the use of oil and make dishes more healthy.