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