

# PITA POCKET PIZZAS



## YOU WILL NEED

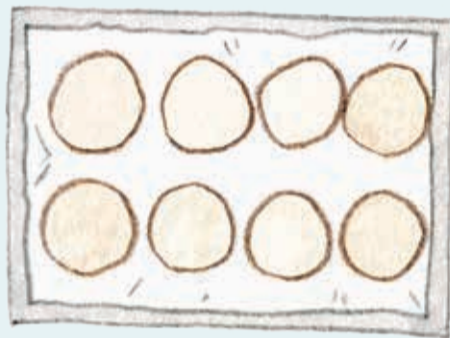
- Chopping board and knife
- Baking tray and sheet
- Spoon
- Can opener
- Grater

INGREDIENTS	4 SERVES	10 SERVES	25 SERVES
Mini wholemeal pita pockets	4	10	25
Tomato puree	16 tsp (80ml)	1 cup (250ml)	2 cups (500ml)
Canned red kidney beans, rinsed and drained	1 can (420 g)	2 cans (840 g)	6 cans (2.52 kg)
Grated Edam cheese	8 Tbsp (½ cup)	1 cup (250 ml)	3 cups (750 ml)
Green capsicum, sliced	½ capsicum	1 capsicum	3 capsicums
Tomatoes, diced	2	5	12

## STEP BY STEP



1. Heat oven to 200°C.
2. Separate the pita pockets into two rounds.



3. Lay pitas out on a lined baking tray.



4. Spread two teaspoons of tomato puree on each pita half.



5. Evenly top with kidney beans.

**Fun Fact**  
Milk, cheese and yoghurt are high in calcium, helping us grow strong bones and healthy teeth!



6. Sprinkle with grated cheese.



7. Place capsicum and tomato on top of cheese.

Ask children to name the vegetable and its colour.



8. Bake for about 10 – 15 minutes or until golden.



9. Serve with a side of salad. Enjoy your pizza together!

Can you describe the taste and flavours?

**TIP**

You can use any vegetables that are in season or growing in your garden. Always supervise children with cutting or prepare in advance.