



意大利薄餅

Pita Pizza

Serves

2

人分量



食材 Ingredients

彼得包	1片	Pita bread	1 piece
罐頭礦泉水	30克	Canned tuna	30 g
浸吞拿魚		in spring water	
粟米粒	2湯匙	Sweet corn	2 tablespoons
彩椒 (切粒)	½個	Bell pepper	½ piece (diced)
蘑菇 (切片)	5粒	Mushroom	5 pieces (sliced)
香草	少許	Herb	A pinch
低脂芝士碎	¼杯	Grated low-fat cheese	¼ cup
植物油	1茶匙	Vegetable oil	1 teaspoon

(註：1杯 ≈ 240毫升)

(Remark: 1 cup ≈ 240 ml)

烹調步驟 Cooking Method

1. 焗爐先預熱至攝氏180-200度，備用。
2. 把罐頭吞拿魚隔水，備用。
3. 彩椒洗淨、去籽和切粒。蘑菇洗淨和切片。
4. 燒熱鑊，放入粟米粒、彩椒粒和蘑菇片，快炒1-2分鐘，備用。
5. 將彼得包放在焗盆上，先塗番茄膏，後放上吞拿魚、粟米粒、彩椒粒和蘑菇片，再灑上芝士及香草。
6. 將意大利薄餅 (彼得包) 放入爐內焗約10分鐘至脆口 (或因應個人喜好可調節烘焙時間)，即成。

自製健康小食的貼士

Tips for home-made healthy snacks

1. 以吞拿魚取代辣肉腸及火腿等常添加於意大利薄餅的加工食物，可減低脂肪及鹽量。
2. 加入彩椒、粟米、蘑菇等蔬菜，可令薄餅增添繽紛色彩外，亦可增加膳食纖維、維生素及鉀質的含量，對身體有益。
3. 採用烤焗及少油快炒等烹調方式，減少用油，令菜式更健康。
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.

調味料 Seasonings

番茄膏 1-2湯匙 Tomato paste 1-2 tablespoons

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 peppers. 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.