



# Pita pizza

10'  
Hands on

10'  
Cook Time

8  
Portion(s)

1  
Difficulty



## Method

- Preheat oven to 200\* C (390\* F ) Fan.

For the tomato sauce

- In a [bowl](#), add the canned chopped tomatoes, ketchup, Worcestershire sauce, breadcrumbs, sugar and bouillon granules. Mix with a spoon.
- Place 2 souvlaki pita bread in each baking pan and spread with 1 ½ tablespoons of tomato sauce each.
- Choose the toppings you want to add to each pita bread and bake for 10 minutes.
- When ready, remove from oven and add the rocket leaves.

## Tip

The nutritional chart refers to the A filling.

## Ingredients

- 8 [souvlaki pita breads](#)

For the tomato sauce

- 400 g canned tomatoes
- 3 tablespoon(s) [homemade ketchup](#)
- drops worcestershire sauce
- 3 tablespoon(s) dry breadcrumbs
- 1 tablespoon(s) vegetable bouillon powder
- 1 teaspoon(s) granulated sugar

Filling A

- 100 g mozzarella, grated
- 2 slices bacon
- 4 champignon mushrooms
- 1/2 red bell pepper

Filling B

- 5 slices mozzarella
- 1 slice ham
- rocket
- 1 tablespoon(s) olive oil

Filling C

- 5 slices mozzarella
- 1/2 green bell pepper
- 100 g mozzarella, grated

Filling D

- 2 slices ham
- 1/2 red bell pepper
- mozzarella, grated

## Διατροφικός πίνακας

Nutrition information per portion

215 Calories (kcal)	4.7 Total Fat (g)	2.4 Saturated Fat (g)	31.0 Total Carbs (g)
11%	7%	12%	12%
6.7 Sugars (g)	9.7 Protein (g)	1.8 Fibre (g)	1.0 Sodium (g)
7%	18%	7%	17%