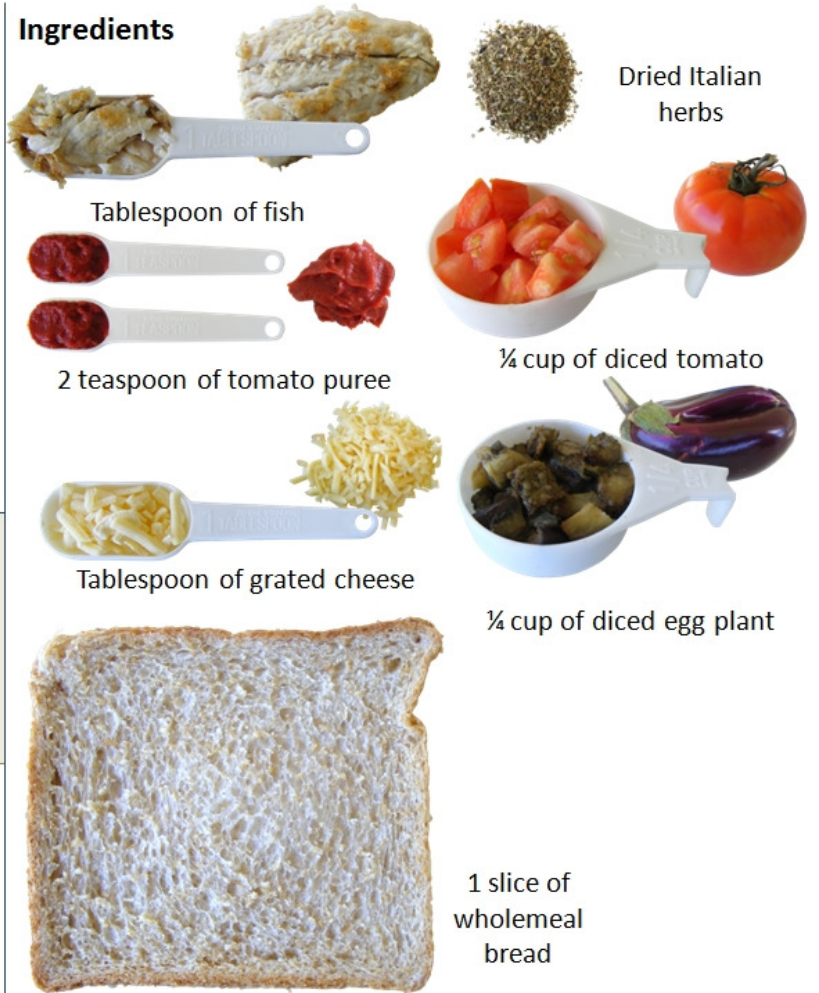


# Mini Pizza – fish

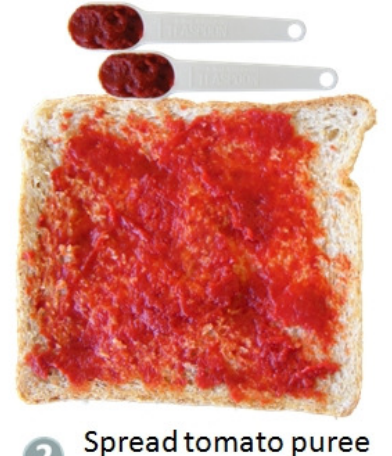
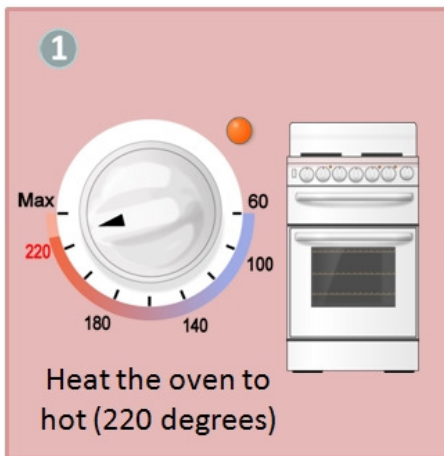
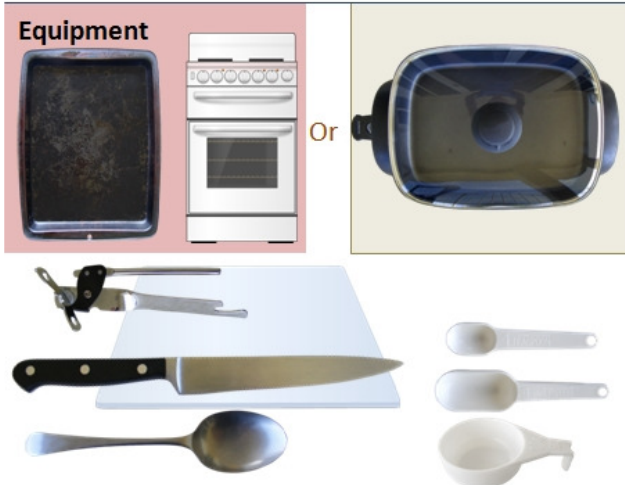
- Feeds 1



## Ingredients



## Equipment





6 Add cheese



7 Add fish



8 Bake then serve



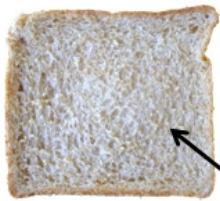
Cook for 5 - 10 minutes  
(The time will depend upon the oven)

Or



Cover with lid and cook for 6 minutes

### Good food plate



### Serves in 1 pizza



½ serve of tomatoes



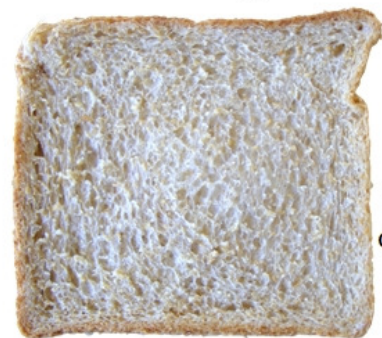
½ serve of eggplant



¼ serve of fish



⅓ of cheese



1 serve of bread

There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions

### **Key skills:**

This resource could be used to support development of the following skills:

- Independently follow a recipe.

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated.

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