

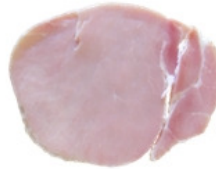
Wrap Pizza - feta cheese & pumpkin

- Feeds 1



Ingredients

2 tablespoon of feta cheese



Shortcut bacon



¼ onions



¼ cup of capsicum

1 tablespoon of olives



2 teaspoon of tomato paste with herbs



¼ cup of mashed pumpkin



1 wholemeal or multigrain or high fibre white wrap

Equipment



Or



1

Heat the oven to hot (220 degrees)

Or

Turn the frying pan thermostat to 8



2 Fry chopped bacon & onion



3 Spread tomato paste on the bread



4 Add the mashed pumpkin



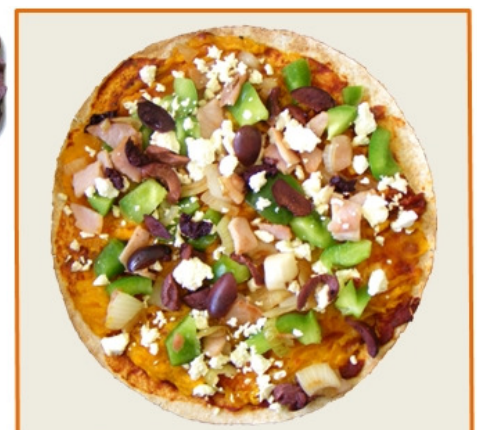
5 Add the capsicum



6 Add the fried bacon & onions



7 Add the feta cheese & olives



8 Bake then serve



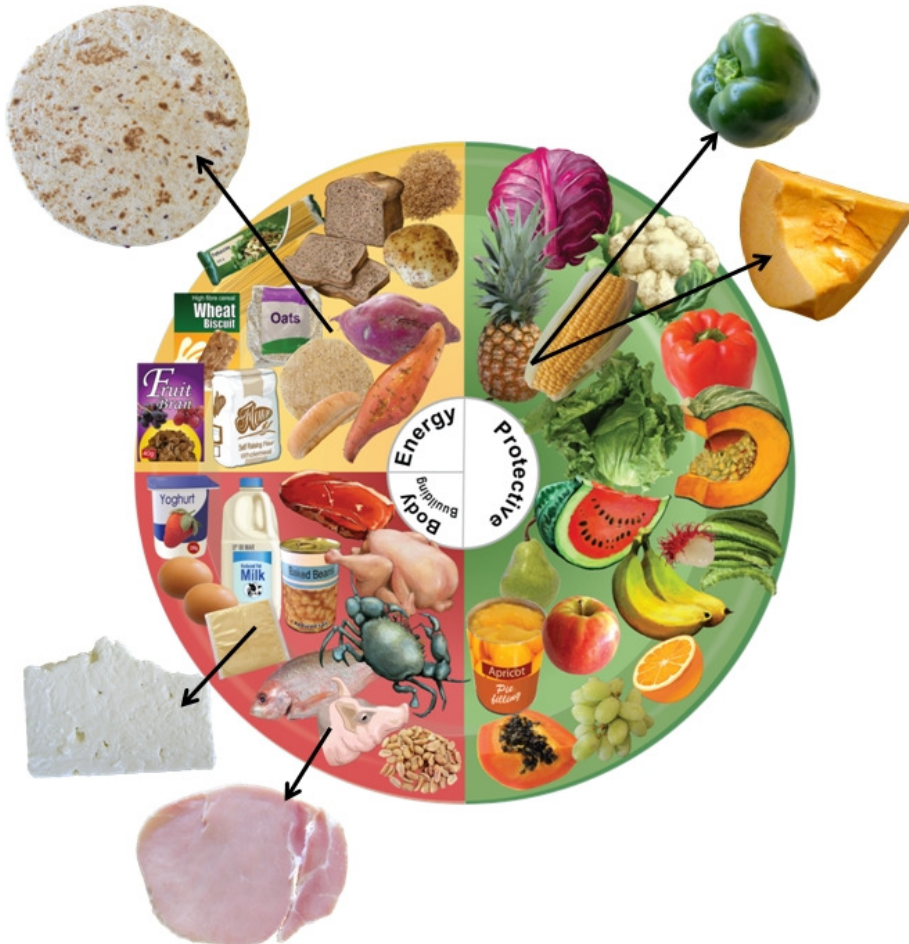
Cook for 5 - 10 minutes
(The time will depend upon the oven)

Or

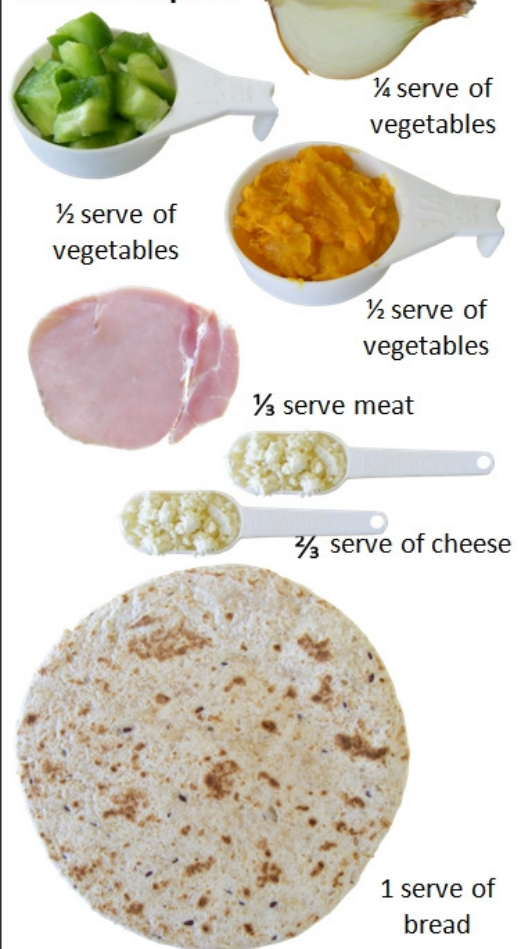


Cover with lid and cook for about 6 minutes

Good food plate



Serves in 1 pizza



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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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