



BBQ chicken and vegetable pizza



Category • Main



Serves of fruit (per serve) • 0



Preparation time • 10 mns



Serves • 4 serves



Serves of vegetables (per serve) • 4



Cooking time • 10 mns

Ingredients

- 140g tub tomato paste
- 1 cup chicken, cooked and shredded
- 1 capsicum, sliced
- 2 tomatoes, sliced
- 4 wholemeal/wholegrain wraps
- 2 tablespoons barbecue sauce
- 8 button mushrooms, thinly sliced
- 1 cup grated reduced fat cheese

Method

- 1 Preheat oven to 200°C fan forced (220°C for other ovens). Line a baking tray with baking paper.
- 2 Using a spoon, spread tomato paste evenly onto wraps.
- 3 In a bowl, mix shredded chicken with barbecue sauce.
- 4 Place barbeque chicken mix, capsicum, mushrooms, tomato, and cheese evenly across the 4 wraps.
- 5 Place pizza onto baking tray.
- 6 Cook in the oven for 10 minutes or until golden and crispy.
- 7 Serve immediately.

Nutrition information

	Kilojoules (kJ)	Protein (g)	Fat (g)	Saturated fat (g)	Carbo-hydrates (g)	Sugars (g)	Sodium (mg)	Fibre (g)
Per serve	1813	27	12.7	4.8	48.6	17.5	1296	5.75
Per 100g	494	7.4	3.5	1.3	13.26	4.8	353	1.6

A program developed by

health+wellbeing
Queensland

An initiative of



Queensland
Government

BBQ chicken and vegetable pizza



Recipe notes

About this recipe

A great way to use up leftover meat.

A quick and easy recipe that can be on the table in 20 minutes!

Variations, hints, serving suggestions

Kids still learning to like mushrooms? Swap them for other tasty toppings like:

- Roast pumpkin, diced into bite-sized pieces
- Red onion, thinly sliced
- Baby spinach
- Zucchini ribbons
- Pineapple, diced
- Olives, halved
- Semi-dried or sun-dried tomatoes (drained)
- Natural yoghurt (drizzle over cooked pizza).

Storage

Leftovers can be stored in an airtight container in the fridge for 2-3 days.

How children can assist in preparation

Depending on your child's age and skills, they can help with washing vegetables, measuring ingredients, mixing, slicing vegetables and adding the pizza toppings.

Food allergens

The original recipe contains: **Milk** and **Wheat**.

Always read the ingredient list on the food label for allergens, even if the product has been purchased and eaten safely before.



Acknowledgement

Content originally developed by Children's Health Queensland in collaboration with the Queensland Child and Youth Clinical Network, and adapted by Health and Wellbeing Queensland.



A program developed by

health+wellbeing
Queensland

An initiative of



Queensland
Government