

簡易薄餅

Easy pizza with Parma ham and mozzarella

份量：2 人

熱量：每件 440 卡路里



基本材料：

墨西哥小麥粉薄餅	2 塊
罐裝番茄碎	180 克
茄膏	1 湯匙
新鮮奧勒岡葉	2 束，切碎
蒜頭	1 粒，磨碎
海鹽、現磨黑胡椒	少許

餡料：

磨菇	2 粒，切片
翠肉瓜	12 片
鹽醃鯷魚仔	3 條，切細
酸豆	2 茶匙
番茄仔	6 粒，切半
巴馬火腿	3 片(45 克)，撕開一條條
低脂米蘭莎樂美腸	4 片，每片切半
半脂水牛芝士	100 克，磨碎
巴馬臣芝士粉	10 克

上碟前：

新鮮羅勒、火箭菜	少許
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烹飪步驟：

1. 焗爐預熱至 150 度。
2. 將兩塊小麥粉薄餅放進焗爐焗 5 分鐘，直至香脆但未變色。
3. 準備一個碗，將番茄碎、茄膏、奧勒岡葉和蒜頭倒入拌勻，加鹽和黑胡椒調味。
4. 取出小麥粉薄餅待用。將焗爐升至 180 度。
5. 將番茄混合料均勻地塗在薄餅上，四邊預留 1 厘米空位。然後將全部餡料平均鋪在薄餅上，撒上水牛芝士和巴馬臣芝士。
6. 放進焗爐焗 10-12 分鐘。直至芝士融化及變成金黃色為直。
7. 將薄餅切開，放上新鮮羅勒和火箭菜，上碟。

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Basic Ingredients:

Large corn (or wheat) tortillas	2 pieces
Tinned chopped tomatoes	180g
Tomato purée	1 tbsp
Oregano	2 sprigs, leaves picked and finely chopped
Garlic	1 clove, finely grated
Sea salt and freshly ground black pepper	A little

For the topping:

Mushrooms	2, thinly sliced
Courgette	12 thin slices
Pitted black olives	30g, halved
Salted anchovies	3, finely chopped
Baby capers	2 tsp
Sun-blushed tomatoes	6, halved
Parma ham	3 slices (45g), roughly torn
Reduced-fat salami	4 slices (20g), halved
Half-fat mozzarella	100g, grated
Parmesan	10g, grated

To finish:

Basil and rocket leaves

Procedures:

1. Preheat the oven to fan 150°C/gas 2.
2. Place the tortillas on two baking trays and bake for 5 minutes or until crispy but not coloured.
3. Meanwhile, mix together the tinned tomatoes, tomato purée, oregano and garlic. Add a pinch each of salt and pepper and stir well.
4. Remove the tortillas from the oven. Increase the setting to fan 180°C/gas 4.
5. Spread half of the tomato mixture evenly over each tortilla, leaving a 1cm clear margin all round. Divide the topping ingredients between the tortillas, finishing with the mozzarella and a final scattering of Parmesan.
6. Bake the pizzas in the oven for 10–12 minutes or until the cheese has melted and started to turn golden brown.
7. Cut the pizzas into wedges and scatter over the basil and rocket leaves to serve.