

Hawaiian pizza

Directions

1. Pre heat oven to 210 degrees Celsius.
2. Heat oil in a large pot, add onion and capsicum and cook over a medium heat until softened.
3. Add garlic, canned tomatoes, salt, sugar and dry herbs. Bring to a boil then reduce heat and simmer until thickened.
4. Spread sauce over pizza bases then top with cheese, ham and pineapple.
5. Cook for approximately 15-20 minutes or until base is crisp and toppings have cooked.
6. Remove from oven and allow to cool before cutting.
7. Cut each pizza into the following number of pieces for each age group: years 0-3: 9 pieces, years 4-8: 6 pieces, years 9+: 4 pieces.

SERVES
10

Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Canola oil	17ml	25ml	38ml
Onion, diced	110g	165g	250g
Capsicum, diced	110g	165g	250g
Garlic, crushed	8g	12g	18g
Canned crushed tomatoes	370g	555g	830g
Salt	1g	1.7g	2.5g
Sugar	1g	1.7g	2.5g
Dry mixed herbs	0.3g	0.5g	0.75g
Pizza base, precooked	500g (1.1 sheets)	750g (1.65 sheets)	1125g (2.5 sheets)
Edam cheese, grated	165g	250g	375g
Ham, diced	220g	335g	500g
Pineapple pieces, canned	250g	375g	565g
Apples	700g	700g	-



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Special diet substitution ideas

• Vegetarian:

Omit ham. Increase cheese to 40g per serve. Add 20g per serve of plant-based meat alternative such as Plan*t plant-based chick*n or lentils for years 9+. If using lentils add to the sauce rather than on top of the pizza.

• Vegan:

Replace ham with plant-based alternative such as Plan*t plant-based ground mince in the following quantities- years 0-3: 45g, years 4-8: 60g, years 9+: 75g. Use plant-based cheese.

• Halal:

Use halal certified cooked chicken instead of ham

• Dairy (Cow's milk):

Use plant-based cheese, increase the total quantity of ham or alternative protein used for each year group to- years 0-3: 30g, years 4-8: 40g, years 9+: 50g.

• Gluten (wheat):

Use gluten-free buns instead of pizza bases.

Portioning guidance

Weigh or measure reference plates for each meal size to visually guide your portioning.

	YRS 0-3	YRS 4-8	YRS 9+
Pizza	143g slice	215g slice	322g slice
Apple	½ apple	½ apple	-

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	213g	285g	322g
Vegetables (g)	51g	76g	114g
Protein food (g)	33g	50g	74g
Grain food and starchy vegetables (g)	43g	64g	96g

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Value canola oil	3L
SB onion diced	1kg
SB capsicum red diced	1kg
Gilmours garlic crushed in oil	1kg
Gilmours tomatoes crushed	2.5kg
Pams salt iodised	1kg
Pams sugar white	500g
Gilmours mixed herbs	500g
French Bakery pizza sheet wholemeal	12pk 450g
Alpine cheese edam grated	5kg
Colonial ham diced pizza	1kg
Gilmours pineapple pieces in juice	A10 can
Yummy royal gala apples	1.5kg

Allergens



dairy (cow's milk), gluten (wheat).

Disclaimer: Check ingredient labels for specific allergens as products can change without notice and 'may contain' allergens not listed here.

Tips



- The sauce for this pizza freezes well. Save time by making extra for using later.