

Early Years – Mini pitta appetizers



L Prep: 30 minutes

L Cook: 0 minutes



Serves: 4

Recipe info

Ingredients

- 2 wholemeal pitta breads
- 1 tomato
- 2 slices lean ham
- 2 slices fresh mozzarella cheese
- 2 basil leaves
- 2 tbsps mayonnaise
- ½ cucumber

Equipment

- Sharp knife
- Chopping board
- Measuring spoons
- Colander
- Small bowl
- Plate

Description

Tasty little fillers perfect for a packed lunch or healthy snack.

Method / What to do

1. Cut the pitta bread in half and open it to form a pocket and leave on the plate.
2. Wash the tomato, basil leaves and cucumber
3. Cut the tomato into slices and put in the bowl
4. Tear the basil leaves into pieces and add to the bowl
5. Cut the cucumber in to slices and add to the bowl
6. Slice up the mozzarella cheese and add to the bowl
7. Cut the ham into strips
8. Hold one of the pitta pockets in your hand and add some strips of ham, slices of tomato, cucumber, cheese and basil leaves.
9. Add a spoon of mayonnaise on top
10. Repeat this again with the remaining pitta pocket
11. Serve on a plate

Variations

- Try using hummus instead of the ham and mozzarella cheese.
- Try using feta cheese instead of mozzarella.
- Try using a yoghurt dip such as tzatziki instead of mayonnaise.
- Use the ingredients to design a smiley face on top of the pittas instead using them as a filling.

