

SARDINE AND SPINACH GRILLED PITA

*serves 1

Ingredients

1 pita bread – *Coles Bakery make delicious flat breads!*

1-2 tbs tomato paste

Handful baby spinach leaves

1 tin sardines in olive oil* or tomato sauce

Torn fresh basil leaves (optional)

2-3 bocconcini balls (or 30-40g Mozzarella cheese), slice into 3-4 pieces

20-30g feta cheese

Method

- Heat oven to 200°C
- Cover pita bread with a little tomato paste and a few baby spinach leaves
- Divide sardines in two fillets and place over spinach
- Add the bocconcini slices, crumble feta over top and cook in oven for around 15 minutes
- Bake in oven for 10-12 minute or until looks ready, take pita out and add torn basil leaves and serve

