FRUTTI DI MARE PIZZA

The Italian term 'frutti di mare' means 'fruit of the sea'. With its vast coastline, Italy has an age-old tradition of seafood and fish cuisine. The popular idea of Italian food is pizza. Put the two together and you're transported to the coast with this frutti di mare pizza. It also boasts fewer calories, sodium and saturated fat than pizzas with cured meat. So tuck in, no matter the occasion.

MAKES 8 SMALL PIZZAS

1 Tbsp olive oil
1 cup raw cleaned and shelled prawns
1 cup calamari, rings or tubes (if too big, cut smaller)
¼ cup mussels or any other seafood of your choice
1 Tbsp white wine
2 tsp minced garlic
2 tsp lemon juice
Salt and pepper to taste
4 pita breads
¼ cup tomato paste

½ cup grated mozzarella (optional)
4 Tbsp roughly chopped fresh parsley
Fresh rocket leaves (optional)

GARLIC LEMON SAUCE
1 tsp minced garlic
2 tsp lemon juice
¼ cup low-fat mayonnaise
Salt and pepper to taste

1. First make the sauce. Mix the ingredients together and set aside until ready to use.
2. Heat the oil in a pan and sauté all the seafood until just cooked. Add the white wine, garlic and lemon juice, and mix. Continue to sauté the seafood mixture until the liquid has evaporated. Season with salt and pepper.
3. Slice the pitas in half and spread about a tablespoon of tomato paste across the base of each pita half. Scatter over the seafood and mozzarella (if using).
4. Place under an oven grill for approximately 5 minutes, or until the pita turns golden and the mozzarella starts to melt.
5. Remove, drizzle over the garlic lemon sauce, scatter over the parsley and rocket leaves, if using, and serve immediately.