



PIZZA WITH A DIFFERENCE

ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides
Can be egg free

Prep time: 15 mins

Cook time: 15 mins

Serves:4

INGREDIENTS

- 500 chicken mince
- 1 tbsp chia seeds
- 2 spring onions, finely chopped
- 1 tsp garlic
- 1 egg (optional, can be omitted)
- salt and pepper
- 3-4 tbsp tomato paste
- 6 medium mushrooms, thinly sliced
- 1/2 red capsicum, finely chopped
- 1 stick celery, finely sliced
- 1 can diced tomatoes
- 1 tbsp chopped coriander or parsley

METHOD

- Preheat oven to 190°C.
- In mixing bowl combine chicken mince, spring onions, garlic, egg (if using), salt and pepper.
- Mix well to combine.
- Press mixture out to 2cm thickness on pizza tray (or make small individual pizzas).
- Onto flat chicken mince base, spread tomato paste.
- Mix the rest of the ingredients together, and spread over pizza base.
- Bake in oven for 20 minutes, or until pizza is browning on top and cooked.
- Cut and serve.

NOTE:

These pizzas are wonderful for children to take to school.
They also freeze well.

