

Lamb & Arugula Pizza

CAL: 494 PROTEIN: 27 CARBS: 47 FIBRE: 4 FAT: 22



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SERVES:

2



TIME:

25 minutes



INSTRUCTIONS

Preheat oven to 190°C/375°F/Gas 5.

Spread tomato paste evenly across the pizza base and set aside.

Bring a fry pan to high heat, add olive oil, shallot and garlic. Cook for 1 minute.

Next, add the bell pepper, mince, oregano, basil salt and pepper. Cook for 6-8 minutes or until the lamb is fully browned.

Spread lamb mince evenly across the pizza base.

Place in the oven and cook for 10-15 minutes (it will depend on the thickness of your base). With 5 minutes remaining, add the feta and pine nuts.

Remove from the oven and place arugula on top. Slice into pieces and serve on 2 plates.

INGREDIENTS

1 large pizza base (gluten free if required)

1 tbsp tomato paste

1 tsp olive oil

1 shallot, diced

1 clove garlic, minced

1/2 red bell pepper, chopped

125g ground lamb

1 tbsp fresh oregano leaves

1 tsp dried basil

Sea salt & cracked pepper

100g feta

1 tbsp pine nuts

Handful arugula

MACROS

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