



UCOOK

Green Pepper & Ostrich Mince Pizza

with fresh oregano, BBQ sauce & grated mozzarella

Experience a twist on a classic pizza with BBQ ostrich mince and tangy bell peppers, topped with fragrant oregano. Delicious and unique!

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 2 People

Chef: Rhea Hsu

Fan Faves

Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

| | |
|------|--|
| 200g | Cooked Chopped Tomato |
| 5g | Fresh Oregano <i>rinse, pick & roughly chop</i> |
| 300g | Free-range Ostrich Mince |
| 1 | Garlic Clove <i>peel & grate</i> |
| 40ml | BBQ Sauce |
| 2 | Pizza Bases <i>keep frozen</i> |
| 100g | Grated Mozzarella Cheese |
| 1 | Bell Pepper <i>rinse, deseed & thinly slice</i> |
| 1 | Onion <i>peel & thinly slice</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. SAUCE Preheat the oven to 220°C. In a bowl, combine the cooked chopped tomato, ½ the chopped oregano, a sweetener (to taste), and seasoning.

2. MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 30-60 seconds. In the final minute, stir through the BBQ sauce and seasoning.

3. PIZZA Remove the pizza bases from the freezer. Evenly smear with the cooked chopped tomato mix. Sprinkle over the grated cheese and top with the BBQ mince, the pepper slices, and the onion slices (to taste). Carefully slide the base directly onto the oven rack and cook until the cheese has melted and the base is crispy, 7-10 minutes.

4. DELISH! Garnish the pizzas with the remaining oregano. Finish off with a crack of black pepper and a pinch of salt. Enjoy, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 468kJ |
| Energy | 112kcal |
| Protein | 6.5g |
| Carbs | 14g |
| of which sugars | 3.8g |
| Fibre | 1.6g |
| Fat | 3.1g |
| of which saturated | 1.2g |
| Sodium | 155mg |

Allergens

Cow's Milk, Gluten, Allium, Wheat,
Sulphites, Soy

Eat
Within
4 Days