



# UCCOOK

## 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!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 3 People

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**Chef:** Rhea Hsu

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Fan Faves

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### Ingredients & Prep

300g	Cooked Chopped Tomato
8g	Fresh Oregano <i>rinse, pick &amp; roughly chop</i>
450g	Free-range Ostrich Mince
2	Garlic Cloves <i>peel &amp; grate</i>
60ml	BBQ Sauce
3	Pizza Bases <i>keep frozen</i>
150g	Grated Mozzarella Cheese
2	Bell Peppers <i>rinse, deseed &amp; thinly slice 1½</i>
2	Onions <i>peel &amp; thinly slice 1½</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