

MEXICAN PIZZA

Preparation time: 10 minutes

Cooking Time: 30 minutes

Serves: 12



Ingredients

- 2 fresh pizza bases
- 1 tablespoon olive oil
- 1 onion, diced
- 1 clove garlic, crushed
- 1 capsicum, de-seeded and diced
- 425g crushed tomatoes
- 1/2 35g packet of taco seasoning (salt reduced if possible)
- 2 x 400g cans borlotti beans, drained and rinsed
- 3/4 cup mozzarella cheese

Avocado topping:

- 1 avocado peeled, seed removed
- 1/2 lemon, juice only

Method

1. Heat oil in a non-stick pan over medium heat, add onion and garlic. Cook for five minutes.
2. Add capsicum, tomatoes and taco seasoning mix. Cook for 8-10 minutes, or until liquid has evaporated. Stir in borlotti beans
3. Spread mixture on top of the 2 pizza bases, top with mozzarella cheese. Bake in a hot oven, 200°C, for 20-25 minutes.
4. Whilst pizza is cooking, combine roughly mashed avocado and lemon juice. Serve pizza topped with avocado sauce. □

Tips

This recipe makes 2 large pizzas or 12 slices.

Pizza may be stored in the refrigerator for up to 2 days.

Nutritional Information:

Kilojoules 1120 kJ
Calories 270 cal
Protein 8 g
Total fat 9 g
Carbohydrate 38 g
Sodium 440 mg
Potassium 290 mg
Calcium 80 mg
Iron 0.5 mg
Fibre 3 g