

# BBQ CHICKEN PIZZA

## Time

30 minutes

## Serves

2

## Calories (per serving)

181

## Carbs (per serving)

7g

## Fat (per serving)

8g

## Protein (per serving)

19g



## Ingredients

- 7 oz ground chicken breast (200g) skinless
- 1/4 tsp salt
- 1/2 cup Bare Foods Soppin' Sauce
- 1/2 cup red onion Sliced
- 1/2 cup broccoli florets chopped
- 1/2 cup Bell pepper slices
  - 1/8 cup Fresh Cilantro chopped
- 2 tsp nutritional yeast

## Method

Preheat oven to 400 degrees (200 degrees C).

In a large bowl, mix ground chicken and salt.

Press the chicken mix into an eight-inch pizza pan. Cover with plastic wrap and press again or use a rolling pin to make the chicken as flat and even as possible. Remove the plastic wrap.

Bake in oven for 20 minutes, chicken crust will begin to brown.

Remove from the oven and spread BBQ sauce over the crust, push the sauce evenly around chicken crust leaving about 1/2 inch from the edge with no sauce (so you will be able to hold your pizza slice).

Evenly distribute red onion slices, broccoli florets, bell pepper and sprinkle with nutritional yeast and return to oven.

Bake for 5 minutes and remove from oven. Sprinkle with cilantro and serve while hot.