

ZUCCHINI PIZZA BITES



Time

20mins

Serves

2

Calories (per serving)

190

Carbs (per serving)

10g

Fat (per serving)

6g

Protein (per serving)

25g

Method

Preheat oven to 350°F (180°C).

Lay the zucchini slices on a lined tray and sprinkle with 1/2 tsp salt and let sit for 5 minutes then place on a hot grill. Sear each side for 2 minutes, remove and place back on the tray and set aside.

Saute mince beef, 1tbsp beef broth, 1/2 tsp salt and 1/4 tsp black pepper. Break up the mince beef while stirring so there are no large clumps. Set aside

Add 1tbsp beef broth, minced garlic and onions to a small pan and saute until the garlic begins to brown.

Add the canned tomatoes, basil, 1/4 tsp black pepper and 1/2 tsp salt to the pan. Bring to boil.

Boil for 3-5 minutes or until slightly thick. Remove from heat and puree. Should make approx. 1 1/2 cups of sauce.

Place 1 1/2 tbsp of sauce on each zucchini slice. Add tbsp mince beef to the zucchini rounds.

Bake in oven for minutes, remove and sprinkle with nutritional yeast. Eat while hot.

Note: You do not need to grill the zucchini slices if you are looking to save time but it does add a nice extra flavor. One serving is 8 slices.

Ingredients

- 7 oz (200g) mince beef
- 1 1/2 zucchini with peel (sliced into 16 rounds)
- 1/2 cup of canned tomatoes
- 1tsp dried basil
- 1tsp garlic (minced)
- 1tbsp onion (chopped)
- 1/4 tsp ground pepper
- 1 tsp salt
- 1 1/2 tsp nutritional yeast
- 2 tbsp beef broth