



# Chilli Con Carne Pizza

15'  
Hands on

30"  
Hands off

45'  
Cook Time

10  
Portion(s)

1  
Difficulty



## Method

- Place a pan over high heat and add some olive oil. Let it get very hot.
- Thinly slice the onion and red pepper. Sauté in the pan.
- Add 2 pinches of sugar, salt, pepper and thyme.
- Mince 2 cloves of garlic. Add to the pan along with the tomato paste. Sauté for 2 minutes.
- To add some extra aroma, add ½ teaspoon ground dry oregano, cumin, sweet paprika and cayenne pepper. Sauté for 5 minutes until they release their aromas.
- Add some olive oil and the onion slices. Sauté until they soften.
- Add the garlic, red pepper, cayenne pepper, sweet paprika and ground cumin. Sauté for 5 minutes to allow them to release all of their aromas.
- Add the ground meat. Break it into smaller pieces with a wooden spoon and brown.
- Add the bouillon cube with a tiny bit of water. Then add the canned beans.
- Wait until the mixture comes to a boil. Simmer until ready.
- Remove from heat and allow the chili to rest for 10 minutes before using. It needs to have cooled before adding to the pizza dough or else it will ruin the dough.
- Preheat oven to 200\* C (390\* F) Fan.
- Spread the pizza dough in a baking pan.
- Spread the cooled chili over the dough. Add the cheeses.
- Bake for 20-25 minutes, until pizza rises and becomes nice and golden.
- When ready, remove from oven. Let it rest for a few minutes.

### For the salad topping

- Coarsely chop the parsley along with its stems on a cutting board.
- Slice the cherry tomatoes and add the juice from ½ a lemon.
- Add the basil leaves, olive oil, salt and pepper.
- Slice the avocado and combine all of the ingredients together.
- Spread them over the pizza and serve!

## Ingredients

- [pizza dough](#)
- 1 tablespoon(s) olive oil
- 1 onion, large, thinly sliced
- 1 red bell pepper
- 2 pinches granulated sugar
- salt
- pepper
- thyme
- 2 clove(s) of garlic
- 2 tablespoon(s) tomato paste
- 1/2 teaspoon(s) oregano, dry, ground
- 1 teaspoon(s) cumin
- 1 teaspoon(s) paprika, sweet
- 1 teaspoon(s) cayenne pepper
- 500 g ground beef
- 1 beef bouillon cube
- 400 g beans, can, in tomato sauce
- 100 g mozzarella, grated
- 120 g mozzarella

### For the salad topping

- parsley
- mint leaves
- 5-6 cherry tomatoes, sliced
- 1 avocado(s), sliced
- lemon juice, of 1/2 lemon
- olive oil
- salt
- pepper

## Διατροφικός πίνακας

### Nutrition information per portion

419 Calories (kcal)	15.3 Total Fat (g)	5.9 Saturated Fat (g)	45.0 Total Carbs (g)
21%	22%	29%	17%
5.4 Sugars (g)	22.1 Protein (g)	4.6 Fibre (g)	0.64 Sodium (g)
6%	44%	19%	11%