

White Meatzza



Base:

400g ground/minced raw chicken (about 14 ounces)
25g ground flax seed (about 2 tablespoons)
25g whey protein powder, unflavored (1 scoop)
2 large eggs
salt and pepper
1 tsp paprika
1 tsp oregano
1 tsp onion powder

Combine all ingredients in a bowl and beat until smooth. Oil a 30cm/12 inch round baking sheet and spread out mixture evenly up to the edge. Bake at 160C/325F for 15 minutes or until light golden and firm to the touch.

Sauce:

6 cloves garlic
200g light cream cheese (7oz)
1 tsp oregano

Mash the garlic to a paste with a little salt, then beat into the cheese. Spread evenly over the base, then sprinkle with oregano.

Toppings:

1 400g can artichoke hearts, drained
1 large/2 small chicken breasts, cooked
1/4 medium onion, thinly sliced
1 yellow pepper
3-4 button mushrooms
125g mozzarella cheese, grated (4 oz)

Slice the chicken breasts, the pepper and mushrooms, quarter the artichokes. Arrange the toppings on the pizza and sprinkle with the cheese.

Bake for 10-12 minutes at 200c/400F. I cut into six slices.

Nutrition - whole recipe: 2061 kcals, 74 carbs, of which 25 fibre (49 net) 255g protein, 82g fat.

Per slice: 343 calories, 8 net carbs, 13.5g fat, 42g protein.