

Spicy Beef Chipotle Pizza



1.8:1 ratio

- **Preparation time:** 15-20 minutes
- **Cooking time:** 15-20 minutes
- **Recipe makes** 1 pizza

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	44.3g	34.3g LCT	
		10g MCT	
Protein	19.8g		
Carbohydrate	4.8g		
Energy (calories)	497kcal		



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Ingredients	Quantity	Your recipe
Pizza Base		
MCTprocal™	16g	
Ground almonds	14g	
Butter	6g	
Egg, beaten	15g	
Water	10g	
Topping		
Chipotle salsa sauce e.g. Wahaca	10g	
Olive Oil	5g	
Minced beef	25g	
Smoked Paprika	1g	
Garlic purée e.g. GIA	1g	
Cheddar Cheese, grated	30g	
Mixed herbs	1 pinch	

Method:

1. Preheat oven to 180°C / fan 160°C / gas mark 4.

Pizza base:

1. Mix MCTprocal™ with ground almonds, using fingertips rub in butter until a sandy/crumby texture is formed.
2. Add water and beaten eggs to mixture, mix well.
3. Spread mixture into a 5 inch circle on greaseproof paper.

Topping

1. In frying pan, heat olive oil over a medium heat, add the ground beef, paprika and garlic purée. Cook for 5 minutes until the beef is browned.
2. Spread chipotle salsa over base, sprinkle the ground beef followed by the cheese and herbs on top.
3. Cook in the oven for 10-15 minutes until the crust is golden brown.



- For a crispier base, pre-cook base for 5 minutes before adding topping and finish in the oven for 10 minutes

**MCTprocal is a food for special medical purposes and must be used under medical supervision.
This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.**