

THE MEATZA



WHAT IS A MEATZA?

A brilliant recipe that is half burger, half pizza, full of goodness and a great low carb alternative to a normal pizza!

WHY IS IT SO GOOD?



- It's loaded with great Omega 3's from the 100% Grass Fed Beef.
- It's super easy and takes just 20 minutes!

Don't forget to post your creations on our Facebook Wall or share it with us on Twitter & Instagram - @athleatuk.

- A real crowd pleaser, invite your friends round and have a MEATZA party.
- It's perfect for a "cheat" meal even though you're not cheating.



- Paleo diet friendly.
- High protein and full of quality Omega 3's.
- Low carbs (depending on the toppings you choose!)

We tried lots of different recipes for this meaty feast and wanted to share our favourite with you!

There are no limits to the toppings of a MEATZA, so be inventive.

We went for roasted red peppers, chilli, garlic, onions and good quality Mozzarella. What will you choose?

What you will need for the base ingredients...

- 2 x 460g Packs of Grass Fed Steak Mince
- 2 x High Quality Free Range Eggs
- A Small Handful of Chopped Fresh Thyme
- 2 x Teaspoons of Dried Oregano
- A Finely Chopped Red Onion
- 2 x Finely Chopped Cloves of Garlic
- Salt and Pepper to taste

THE PREP...



THE BASE...



THE SAUCE...



THE TOPPINGS...



THE COOKING...



THE EATING...

Preheat oven to 450F/230C. Line a rimmed oven tray with parchment/greaseproof paper. The rim is important so the juices are contained while the meat cooks. In a large bowl combine the meat, eggs, thyme, oregano, red onion, salt pepper and garlic. Whisk the egg with a fork then get your hands in there and thoroughly combine the eggs with the meat.

Spread the meat out evenly and thinly over the entire tray, stretching it all the way to the sides. Bake for 10-12 minutes and remove from the oven. Turn the oven to high. The meat will have shrunk by several inches. We like to gently scrape the top to remove excess juices and then transfer the meat to a new tray.

Spread your homemade tomato sauce on top, leaving a little rim around the edges for a "crust." Cover the meatza with your selected toppings then place back in the oven for 5-7 minutes. The toppings should be lightly browned now, so sprinkle with some oregano and serve!



PROTEIN
16.5g
per 100g

FATS
5.5g
per 100g

CARBS
1.5g
per 100g