

Kiwi Organics Cookbook

polenta pizza - meat

ingredients

- 2 tablespoons sunflower oil
- 280g lean minced beef
- 1 small onion finely chopped
- 2 cloves garlic, crushed
- 250ml passata or puréed tomatoes
- 2 tablespoons chopped fresh basil
- ½ tsp freshly ground black pepper
- 125g Kiwi Organics polenta (cornmeal)
- 125g self raising flour
- 1 tsp baking powder
- 155ml milk
- 125g cheddar cheese, grated
- 1 red pepper, cut into thin strips
- 12 black olives
- 2 tablespoons finely chopped fresh parsley

Preheat oven to 180°C. Heat oil in a frying pan and fry minced beef until browned, stirring frequently. Using a slotted spoon, transfer mince to a bowl. Fry onion and garlic in fat remaining in pan. Stir in mince, passata, basil and pepper. Cook for 10 minutes, stirring. Make the pizza base. Combine the polenta, flour and baking powder in a large bowl. Make a well in the centre, add the milk and mix to a dough. Knead lightly and roll out to fit a greased 28cm pizza pan or pie plate, pinching up the edges to form a rim. Spread the mince mixture over the pizza base. Sprinkle with half the cheese and arrange the pepper strips on top. Dot with olives and sprinkle with the remaining cheese. Bake for 30 minutes sprinkle with parsley and serve.

Serves 4

