

# Gluten-free Mexican pizza

Author: Karlijn Total Time: 25 min Servings: 1  1x Diet: Gluten Free

A gluten-free Mexican pizza made with a store-bought pizza crust. Topped with seasoned minced meat, bell pepper, tomato sauce and more. Low lactose.



## INGREDIENTS

- 1 gluten-free and low FODMAP pizza crust (I use Schär)
- 2 tbsp tomato paste
- 100 g (3,5 oz) minced beef
- 1 tsp ground cumin
- 1 tsp ground paprika
- Pepper and salt
- 1/2 green bell pepper
- 1 roma tomato
- 1 tbsp black olives
- A handful grated cheese
- 2 tbsp lactose-free sour cream
- 2 stalks of spring onion, the green part only
- Optional: canned corn
- Optional: 1/8 avocado, in slices

## INSTRUCTIONS

1. Pre-heat the oven according to the instructions on the package.
2. Spread the tomato paste over the pizza crust with the back of a spoon.
3. Heat a pan and fry the minced beef. Season with ground cumin, ground paprika, pepper and salt.
4. Cut the bell pepper into pieces, add to the pan and fry for a few minutes.
5. Divide the minced beef and paprika over the pizza crust.
6. Cut the tomato into cubes and the olives and spring onion into rings.
7. Divide the tomato and olives over the pizza. Cut the baby corn into pieces and add this too if you use it.
8. Divide the grated cheese over the pizza.
9. Bake the pizza in the oven for 8-10 minutes.

10. Garnish with rings of spring onion, lactose-free sour cream and some slices of avocado.

*Find it online: <https://www.karlijnskitchen.com/en/gluten-free-mexican-pizza/>*