

## KaterVeg! Vegan and Gluten-free Sloppy Joe Pizza

*Serves approx. 10*

### Ingredients:

- 1kg KaterVeg! Vegan Mince
  - 60ml Vegetable oil
  - 1.5 Red onions, large, sliced
  - 2 Cloves of garlic, crushed
  - 200g Red lentils
  - 2 Green peppers, large, de-seeded and sliced
  - 2 Red peppers, large, de-seeded and sliced
  - 2tsp Tomato paste
  - 20g Smoked paprika
  - 200ml Vegetable stock
  - 250g Tomato ketchup
  - 250g BBQ sauce
  - 50g American mustard
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- 4 Gluten-free and vegan pizza bases, large
  - 20g Coriander, fresh leaves



### Method:

1. Heat 50ml of the vegetable oil in a large thick bottomed pan, add 2/3 of the red onion and all of the crushed garlic and sweat down until nicely caramelised, but not burnt!
2. Add the KaterVeg! Vegan mince and red lentils and mix well with the onions and garlic.
3. Add half of the green and red peppers and sweat down for 2 minutes.
4. Mix in the tomato paste, smoked paprika and vegetable stock, cover with a lid and simmer for 20–30 minutes.
5. In a separate pan, add the remaining oil and sauté the remaining red onions and peppers until soft and nicely caramelised. Keep to one side.
6. Once the lentils have cooked out, add 200g of the tomato ketchup, 200g of the BBQ sauce and the American mustard, mix well.
7. Spread the Sloppy Joe mixture on to the pizza bases and bake in a very hot oven for 5-7 minutes.
8. Remove from the oven, spread over the caramelised red onions and green and red peppers, spiral the remaining tomato ketchup and BBQ sauces over the top and garnish with the coriander before serving.