

## Chicken n mushroom meatza with air fried



Serves	Prep Time	Cooking	Total Time	Calories
<b>0 people</b>				<b>kcal</b>

### Stuff that's in it:

- Chicken Breast Flattened With Rolling Pin Or Mallet
  - Tomato Purée
  - Mushrooms
  - Tomatoes
  - Basil Torn
  - Red Onion
- Maris Piper Potato (Sliced And Air Fried With A Little Oil)
  - Red Pepper (Chopped)
  - Peas

### What you do:

Pre heat your oven to 180°c fan.

Gently bash your chicken breast each side until flattened , use either a mallet or a rolling pin.

Brush the top of the chicken with the tomato purée until covered all over, sprinkle on the cheese (or

cheese of choice) add the tomatoes, peppers, mushrooms, basil and onion, then pop on a baking tray for 30 minutes or until the meatzas are cooked all the way through and the cheese is melted.

You can bake your chips too for around half an hour ( I like to par boil mine for 10 mins before oven baking , then dry and squirt with oil, or air fryer for 29 minutes with a squirt of oil or as per cooking instructions for you specific model.

Bash top and bake.

## **Nutrition**

Copyright 2024 by Sarah McDonald, All Rights Reserved.

[www.fitfastcook.com](http://www.fitfastcook.com)