

# **BBQ Teriyaki sausage pizza**

Total time **35 mins** 

Nutritional facts (per portion): **2899 kJ** / **692 kcal** 

### INGREDIENTS

4 portion(s)

2	packs pizza base mix
1 tbsp	oil
4	pork sausages, skinned
	and broken into small
	chunks
100 ml	Kikkoman Teriyaki Sauce
	with Roasted Garlic
1	small green pepper,
	deseeded and sliced
0.5	small onion, thinly sliced
2	balls mozzarella, torn
0.5 tsp	chilli flakes
2	spring onions, sliced

Fat: **36.8** g Protein: **30.8** g Carbohydrates: **58.8** g

## PREPARATION

Step 1

Heat the oven to 220°C/200°C fan/gas mark 8. Prepare the pizza bases as instructed on the pack.

#### Step 2

Heat the oil in a frying pan and cook the chunks of sausage for 3 – 4 minutes, until browned all over. Turn down the heat and add the Teriyaki Sauce with Roasted Garlic and 50ml water to the pan. Stir to coat the sausages and cook for a minute, then remove from the heat.

#### Step 3

Roll the pizza bases out each to about a 25cm diameter and place on two baking trays. Spread the sausages and sauce over the 2 pizza bases, then top with the pepper and onion.

#### Step 4

Bake in the oven for 5 - 6 mins, then remove from the oven and top each with the torn mozzarella. Return to the oven for another 5 - 6 mins until the cheese is melted and oozing.

Step 5

Sprinkle with the chilli flakes and spring onions to serve.