

Choco Fever Dream

High Protein Beef Pizza Rolls

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb lean ground beef
- [ ] 1 package (400 g) whole-wheat pizza dough
- [ ] 1 cup shredded mozzarella cheese
- [ ] ½ cup grated Parmesan cheese
- [ ] ½ cup tomato sauce
- [ ] 1 tsp Italian seasoning
- [ ] 1 tbsp olive oil

Optional Toppings

- [ ] Fresh basil leaves
- [ ] Red pepper flakes

Instructions

1. Preheat the oven to 200 °C (390 °F) and line a baking sheet with parchment.
2. In a skillet, brown the ground beef with Italian seasoning; stir until fully cooked, then set aside to cool slightly.
3. Roll out the dough on a lightly floured surface, cut into 8 equal squares, and place a spoonful of sauce, beef, and cheese in the center of each.
4. Fold the dough over the filling, seal edges by pinching, brush each roll with olive oil, sprinkle Parmesan, and bake for 15-18 minutes until golden.
5. Remove, let rest for two minutes, then serve warm with optional basil or red pepper flakes.

Nutrition per serving

350 kcal	28 g	28 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough sticks, dust the surface with a bit more flour.
- For extra crispness, place the rolls on a wire rack set over the baking sheet.
- Feel free to add a dash of smoked paprika for a subtle smokiness.