



Easy Cauliflower Pizza

2 servings
 45 minutes

Ingredients

- 1 head Cauliflower (small)
- 100 grams Mozzarella Cheese (or tasty cheddar works well too)
- 1 Egg (free range)
- 30 grams Pecorino Romano Cheese (or parmesan)
- 1/2 cup Crushed Tomatoes (blended, or pure passata tomato sauce)
- 1/4 cup Basil Leaves (squeeze basil puree)
- 1/2 tsp Garlic (minced, or jarred minced garlic)
- 3 Fig (fresh)
- 30 grams Prosciutto (5 very thin slices)
- 1/4 cup Feta Cheese (crumbled)

Directions

- 1 Preheat oven to 200oC and line a pizza tray with baking paper.
- 2 Make the crust by blitzing the cauliflower in a food processor until it looks like rice.
- 3 Transfer to a microwave safe bowl eg. glass bowl, cover and cook the cauliflower rice for 5 minutes on high.
- 4 Tip the warm cauliflower into a sieve lined with a piece of muslin and allow to cool for 15 minutes. If you don't have a muslin cloth, use a clean tea towel.
- 5 VERY IMPORTANT STEP...squeeze out as much moisture as you can from the cauliflower by bringing the cloth together, twisting the top and squeezing out the water from the vegetable. This will give you a nice crispy base.
- 6 In a new bowl, combine the cauliflower, cheddar cheese, egg, salt and pepper and mix well.
- 7 Turn out the mixture onto the lined pizza tray and cover with another sheet of baking paper.
- 8 Firmly spread the mixture over the tray with a spatula knife or similar to form a smooth even base. Peel away the top piece of baking paper and bake the base for 15 minutes.
- 9 To make the pizza sauce, combine the tomato passata, basil and garlic in a small bowl.
- 10 Remove the base from the oven and flip it over onto a new lined tray and peel away the original piece of baking paper.

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Now you are ready to spread your tomato sauce and toppings. I love using prosciutto, figs and feta, topped with a little Parmesan, however, you can add whatever you like. Remember: sometimes, less is more. In other words, don't load it up with too many ingredients.

Notes

Other Topping Ideas: Thinly slice potato, zucchini & prosciutto with Parmesan cheese.

OR: Basil Pesto base instead of tomato base with ham, ricotta, mini roma tomatoes and olives with Parmesan cheese.

OR: Basil Pesto base with prawns, pineapple and mozzarella cheese.

OR: Capsicum, olives, feta and nitrate free, free-range bacon with cheddar cheese.