

Mediterranean cauliflower pizza



DYNAMIX
HEALTH & FITNESS

for the pizza base:

550g cauliflower florets

80g ground almonds

2 tsps dried oregano

a pinch of sea salt and ground black pepper

3 eggs, beaten

for the topping:

250g tinned chopped tomatoes

2 tbsps tomato purée

2 garlic cloves, chopped

1 heaped tsp Italian seasoning

a pinch of sea salt and ground black pepper

75g Mozzarella, cut or torn into bite-sized pieces

½ a small red onion, finely sliced

a few fresh basil leaves, to garnish

Preheat oven to 200°C/400°F and line two baking trays with baking paper.

Place the cauliflower in a food processor or blender and blend until finely ground. Transfer to a large bowl. Add the ground almonds, oregano, salt, pepper and eggs and mix well until thoroughly combined.

Divide the mixture into two and transfer to the two baking trays. Shape each piece into a circular or square pizza base, gently flattening the mixture with your hands. Bake for 20-25 minutes or until golden. Remove from oven and set aside.

Reduce oven temperature to 170°C/350°F. Place the tinned tomatoes, tomato purée, garlic, Italian seasoning, salt and pepper in a blender or food processor and blend into a purée. Transfer to a saucepan and cook for 5 minutes. Allow to cool for 10 minutes.

Spread the sauce over each pizza base. Pat the Mozzarella with kitchen paper, to remove excess moisture. Add to the pizza with the red onion, distributing evenly. Bake for 15 minutes, or until the toppings are cooked. Serve garnished with basil.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

SERVES 4



PER SERVING:
316 Calories
12g Carbs
22g Protein
20g Fat

