



Speedy Pizza

10'
Hands on

20'
Cook Time

6
Portion(s)

1
Difficulty



Ingredients

For the dough

- 170 g self-rising flour
- 90 g water
- 4 tablespoon(s) olive oil
- 1 pinch salt
- λίγο semolina

For the filling

- 200 g cream cheese, light
- lemon zest, of 1 lemon
- 2 tablespoon(s) lemon juice
- 1/2 teaspoon(s) pepper
- 2 pinches salt
- 2 tablespoon(s) dill
- 200 g mozzarella

To serve

- 3 avocado(s)
- 200 g smoked salmon
- rocket, the leaves
- slices lemon
- lemon zest, of 1 lemon
- 1 tablespoon(s) dill

Method

For the dough

- In a large **bowl** , add the flour, water, 2 tablespoons of olive oil and salt.
- Start to mix with a fork and as soon as the dough starts to form continue mixing by hand.
- As soon as it stops sticking to your hands, it is ready.
- You can let the dough rest for 30 minutes (optional) but if you are in a hurry you can use it immediately.
- Use a **22 cm ovenproof pan** .
- Spread out the dough with your hands, until it becomes the same size as the bottom of your pan.
- **Brush** the pan with 2 tablespoons of olive oil and add the dough.
- Place over low heat for 4-5 minutes, until golden.

For the filling

- Combine the cream cheese, zest, lemon juice, dill, salt and pepper in a bowl.
- When all of the ingredients are completely combined, set it aside until needed.

For the pizza

- Preheat the oven to 180* C (350* F) Fan.
- As soon as you flip the dough over in the pan, add the filling.
- Spread it with a spoon over the whole surface of the dough.
- Add the mozzarella and transfer pan to oven.
- Bake for 15-20 minutes.

To serve

- Cut the **avocados** into slices and spread them on a **wooden tray** along with the salmon.
- Add the lemon wedges, rocket leaves, dill and lemon zest.
- When the pizza is ready, remove from oven and place on the wooden tray.
- Cut into pieces and serve.

Διατροφικός πίνακας

Nutrition information per portion

485 Calories (kcal)	30.0 Total Fat (g)	8.5 Saturated Fat (g)	29.0 Total Carbs (g)
24%	43%	43%	11%
2.7 Sugars (g)	23.0 Protein (g)	4.0 Fibre (g)	1.6 Sodium (g)
3%	46%	16%	27%