



# Potato and Asparagus Pizza

**45 minutes**

Hands on

**8**

Portion(s)

**1**

Difficulty



## Method

- In a mixer's bowl, combine the yeast, water and honey and set it aside for 5 minutes, until the yeast activates.
- When ready, add the hard flour, whole wheat flour, olive oil and salt.
- Beat on medium speed with the hook attachment for about 5-8 minutes, until a dough forms and it pulls back from the sides of the bowl.
- When ready, transfer the dough to a bowl brushed with olive oil.
- Cover with a towel or with plastic wrap and set it aside to rest for at least 1 hour until it doubles in size.
- In the meantime, prepare the pesto sauce.
- Place all of the ingredients in a food processor and beat until you create a soft paste. Set aside until needed.
- Clean the asparagus and wash the potatoes thoroughly. Thinly slice the potatoes with a mandolin.
- Place a pot full of slightly salted water over medium to high heat and bring to a boil.
- Add the potatoes and the asparagus and boil for 3 minutes. It is actually better if you boil them separately.
- When ready, drain the vegetables and rinse under cold running water. Set aside.
- Preheat oven to 200\* C (390\* F) Fan.
- When the dough has risen, remove from the bowl and lightly knead.
- Divide it in half, dust with some flour and roll out each piece to a circle that is 25-30 cm in diameter. This amount of dough can either make 2 smaller pizzas or one large one.
- Press down on the dough with your fingers to make small indentations, leaving a distance of 2 cm in between each indentation and leave the border as is.
- Spread the pesto sauce over the dough.
- Add the potatoes and asparagus, drizzle with olive oil, season with salt and pepper and very carefully transfer the pizza to a baking pan.
- Bake for 20-25 minutes.

## Ingredients

For dough

- 1 packet active dry yeast 9 g
- 250 ml lukewarm water
- 1 tablespoons honey
- 300 g hard flour
- 150 g whole wheat flour
- 1 tablespoon olive oil
- salt

For pesto sauce

- 100 g fresh kale
- 60 g walnuts
- 1 clove of garlic
- 2 tablespoons dry yeast
- 2 tablespoons olive oil
- juice from 1 lemon
- 1 levelled teaspoon cayenne pepper
- salt
- pepper

For pizza

- 20 asparagus
- 10 baby potatoes

## Διατροφικός πίνακας

Nutrition information per portion

360 Calories (kcal)	13.0 Total Fat (g)	1.8 Saturated Fat (g)	45.0 Total Carbs (g)
18%	19%	9%	17%
3.7 Sugars (g)	12.0 Protein (g)	5.2 Fibre (g)	0.38 Sodium (g)
4%	24%	21%	6%