



Pizza with a Cauliflower Crust

15'

Hands on

25'

Cook Time

4

Portion(s)

1

Difficulty



Method

- Preheat oven to 180* C (350* F) Fan. Place 2 large baking pans in the oven, upside down.
- Using a sharp knife, cut the cauliflower into florets and discard the thick stem.
- Pulse in a food processor, until the florets resemble couscous in size. Transfer to a bowl.
- Beat the eggs, lightly and add them to the cauliflower. Add the ground almonds and the grated parmesan.
- Season with salt and pepper. Combine the mixture with your hands until all of the ingredients are thoroughly combined (the mixture will be quite runny but don't let this worry you).
- Place 2 sheets of parchment paper on to a working surface. Divide the cauliflower mixture into 4 parts. Spread 2 parts onto each sheet of parchment, creating 4x16 cm circles that are 5 mm thick.
- Carefully transfer the pizza crusts with the parchment paper, to the overturned baking pans that are now very hot in the oven.
- Bake for 20 minutes, until golden brown and firm.
- While the crusts are baking, slice the zucchini into thin rounds or use a peeler to shred.
- Season with salt and pepper. Set aside for 10 minutes in a strainer. Rinse and pat dry.
- Cut the prosciutto into strips. When the pizza crusts are ready, top with ricotta, prosciutto and zucchini.
- Bake for 5 minutes or until all of the toppings are heated through.

To serve

- Drizzle with some pesto sauce and sprinkle with some mint or basil leaves

Ingredients

For dough

- 450 g cauliflower
- 2 eggs
- 150 g almonds, ground in blender
- 50 g parmesan cheese, grated

For pizza

- 2 zucchini
- 4 slices of prosciutto
- 240 g ricotta or any other soft or creamy cheese

To serve

- pesto sauce
- fresh mint or basil leaves

Διατροφικός πίνακας

Nutrition information per portion

650 Calories (kcal)	46.0 Total Fat (g)	16.0 Saturated Fat (g)	13.0 Total Carbs (g)
33%	66%	80%	5%
6.1 Sugars (g)	44.0 Protein (g)	8.1 Fibre (g)	2.8 Sodium (g)
7%	88%	32%	47%