



Healthy cauliflower pizza

10'

Hands on

55'

Cook Time

8

Portion(s)

1

Difficulty



Method

- Preheat oven to 200* C (390* F) Fan.
- In a food processor, beat the cauliflower florets until they break down to resemble grains of rice. If your food processor is not so large, add them in batches.
- Fill a [pot](#) with water, place over high heat and bring to a boil.
- Add the cauliflower and boil for 4-5 minutes.
- When ready, drain in a strainer lined with a cheesecloth. Wrap it in the cheesecloth and squeeze it with your hands to remove as much moisture as possible.
- Transfer to a bowl and add the egg, goat cheese in pieces, oregano, salt and curry powder. Mix with your hands until you create a dough.
- Line a [baking pan](#) with parchment paper.
- Shape the dough into a round circle that is 25 cm in diameter with your hands. (You can use a metallic ring to help get better results.) You can make the edges thicker for a thicker crust.
- Transfer to prepared baking pan and bake for 35-40 minutes, until golden.
- When ready, remove from oven add your choice of toppings for your pizza.
- Empty the can of whole tomatoes into a bowl. Mash the larger pieces with a fork. Leave some pieces larger. It's nice to get the full flavored taste of the tomato when you bite into a pizza.
- Finely chop the herbs. If you don't have any fresh herbs on hand, you can use dry herbs.
- Add the herbs, ketchup, oats, salt, pepper, a pinch of sugar, the sauce and olive oil to the bowl with the tomatoes. Stir to combine. Add the grated parmesan last (optional).
- Spread the tomato sauce on the whole surface of the pizza with a spoon.
- Cut the goat cheese and mozzarella into small pieces and add on top.
- Bake again for 5-10 minutes, until the cheeses melt.
- When ready, remove from oven, cut the cherry tomatoes in half and place over pizza along with rocket leaves.

Ingredients

- florets from 2 medium cauliflowers
- 1 egg, lightly beaten
- 200 g goat cheese (not feta cheese)
- 1 teaspoon dry oregano
- pinch of salt
- 1 teaspoon curry powder

For topping

- 1 can whole tomatoes
- some basil and thyme leaves
- 3 tablespoons of ketchup
- few drops of worcestershire sauce (optional)
- 3 tablespoons of gluten free oats
- salt
- pepper
- a pinch of sugar
- 2 tablespoons of olive oil
- 1-2 tablespoons of grated parmesan cheese, optional
- 200 g fresh mozzarella
- 100 g cherry tomatoes
- 100 g goat cheese (not feta cheese)
- rocket leaves

Διατροφικός πίνακας

Nutrition information per portion

303 Calories (kcal)	19.0 Total Fat (g)	11.0 Saturated Fat (g)	14.0 Total Carbs (g)
15%	27%	55%	5%
8.0 Sugars (g)	17.0 Protein (g)	2.6 Fibre (g)	1.3 Sodium (g)
9%	34%	10%	22%

