

HEALTHY SWAP

Cauliflower Pizza

YOU WILL NEED

Serves 2

650g cauliflower, chopped into chunks

1 egg, lightly beaten

1/3 cup (25g) grated parmesan

½ tsp dried oregano

sea salt

black pepper

Topping: 1/3 cup (80ml) passata plus your favourite toppings - cherry bocconcini; pesto; prosciutto; olives, mushrooms etc.

PROCEDURE

- Process cauliflower in a food processor until resembles rice.
- Lay cauliflower on a baking tray lined with baking paper and cook 160C approximately 10 minutes until tender.
- Remove from oven and allow to cool.
- Place cauliflower in a clean tea towel and draw corners together twisting to form a parcel. Hold over a bowl and squeeze all the water out.
- Place cauliflower in a bowl and add egg, parmesan, oregano, sea salt and pepper and combine well.
- Preheat oven to 200C. Line a baking tray with baking paper & press cauliflower mixture firmly onto tray. Bake 30 minutes, then turn over and bake a further 5-10 minutes.
- Spread passata over base and add toppings. Bake approximately 5-10 minutes until cheese melted.



COOKING TIP

When squeezing the cauliflower a lot of liquid will be released. The more moisture you remove the drier the crust.

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