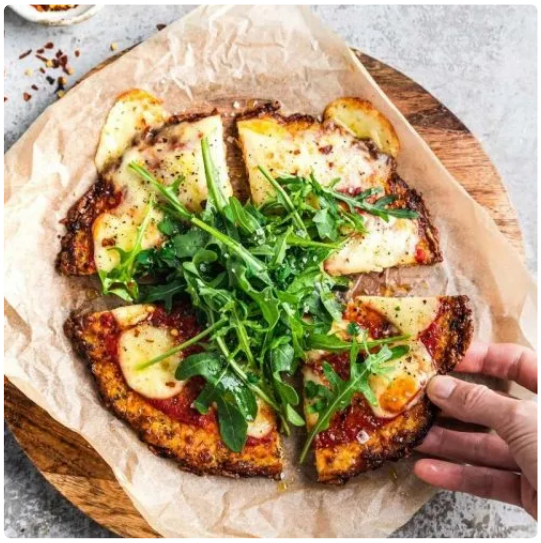
Margherita Pizza

If you love pizza, our recipe is a great low carb alternative, deliciously cheesy and dangerously moreish!

☆☆☆☆☆ No ratings yet



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PREP TIME	COOK TIME
10 mins	25 mins

MEAL TYPE	CUISINE	SERVINGS	DIETARY
Dinner, Lunch	Italian	2 People	Vegetarian

INGREDIENTS

Pizza base:

- 1 small head cauliflower, (around 15cm diameter, 140g)
- 2 eggs, beaten
- ¾ cup mozzarella cheese, grated (110g)
- 1 tbsp dried basil

Toppings:

- ½ cup passata
- 200 g mozzarella cheese, sliced thinly
- 2 cups rocket

INSTRUCTIONS

1. Preheat the oven to 190°C/374°F. Line a baking tray with baking paper.
2. Separate the cauliflower head into smaller florets using a small sharp knife. Place florets in a food processor and blitz until they have a rice-like texture. A few larger 'chunks' are ok.
3. Spread the cauliflower rice evenly in a thin layer on the baking paper. Cook in the oven for 8 minutes. Remove, then increase the oven temperature to 230°C. Set the rice aside and allow the rice to cool so that it is comfortable to handle (5-10 minutes).
4. Line a large bowl with a tea towel or chux and tip in the cooled rice. Hold the four corners of the cloth in one hand and squeeze as much liquid as possible into the bowl with the other hand. Open the cloth, stir the cauliflower, close the cloth and repeat squeezing. You want the mix to be as dry as possible so that it bonds and crisps up. You should be left with a very dry cauliflower mash.
5. Transfer squeezed cauliflower to a large, clean dry mixing bowl. Add beaten egg, mixed herbs, cheese, salt and pepper and mix well.
6. Line the baking tray with fresh baking paper and brush with olive oil. Tip the cauliflower mixture onto the tray and flatten it with your hands until it is about 1 cm thick. Bake for 15-20 minutes at 230°C until golden brown.
7. Remove the pizza from the oven and carefully flip it. Return the pizza base to the oven for a few minutes until the other side is golden.
8. Remove the pizza from the oven. Ladle the passata across the base. Scatter with mozzarella slices. Return to the oven for 7 minutes until the cheese is melted.
9. Remove and allow to cool slightly. Sprinkle with rocket, salt and pepper and serve immediately.

NOTES

You could also grate the cauliflower finely instead. Some supermarkets now also sell cauliflower rice in packs.

NUTRITION (PER SERVE)

Net Carbs: 8.4g | Protein: 28.5g | Fat: 21g | Fiber: 3.5g

KEYWORD

Cauliflower, Cheese, Pizza, Tomato

Recipe by Defeat Diabetes