

# · RECIPE ·

## Vegetarian Cauliflower Pizza

### INGREDIENTS

Serves 2

- 4 cups cauliflower
- 1 free-range egg
- 3 tbsp grated parmesan
- ½ tsp dried oregano
- Olive oil cooking spray
- 2 Tbsp tomato passata
- ¼ cup feta
- ½ zucchini
- ¾ cup mushrooms
- ¼ red onion

### METHOD

1. Preheat the oven to 200°C. Slice zucchini into ribbons and thinly slice onion and mushrooms.
2. Cut cauliflower into florets and place in a food processor. Pulse cauliflower into rice-size pieces. You can also grate the cauliflower if you don't have a food processor.
3. Steam the cauliflower rice until tender.
4. Transfer steamed cauliflower to a clean, thin dish towel and squeeze out excess moisture.
5. Allow cauliflower rice to cool slightly before combining with egg, parmesan and oregano.
6. Line a baking tray with baking paper (a must!) and then press the cauliflower dough onto the baking tray into the shape you'd like. Keep the dough 1cm thick.
7. Spray the crust lightly with cooking oil spray and bake for 15-20 minutes until just golden.
8. Top with passata, mushrooms, zucchini, onion and feta and return to oven for 10 minutes until cheese is golden.
9. Let the pizza rest for a few minutes and then slice and enjoy.



Make these pizzas for the whole family for a very healthy version of a traditional treat.

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