



CAULIFLOWER BASE PIZZA

ALLERGIES:

No grains
No dairy
No gluten
No nuts

Prep time: 15 mins

Cook time: 30 mins

Serves: 6



INGREDIENTS

• **PIZZA BASE**

- 1 small head cauliflower
- 2 eggs
- 1 tbsp mixed herbs
- 2 tsp crushed garlic
- 2 tbsp [parmesan hemp](#) ***see note
- 1 tsp pink rock salt
- ½ cup vegan mozzarella cheese

• **TOPPINGS, any combination**

- ½ cup tomato paste
- 2 cups vegan grated cheese
- Mushrooms, sliced
- olives, sliced
- capsicum, diced
- Onion, diced
- Cooked chicken, shredded
- Anchovies
- Baby spinach

METHOD

- Preheat oven to 220°C, and line a 30cm x 38cm dish with baking paper.
- Break cauliflower into florets and pulse in blender until looking like rice.
- Place in microwave bowl, cover lightly and cook on high for 5 minutes.
- Leave to cool, then place onto a clean tea towel, wrap and twist tightly to remove all water.
- Return to bowl, add all other pizza base ingredients and mix well to combine.
- Empty mixture onto prepared dish, and spread evenly.
- Bake for 15 minutes, until golden brown.
- Spread with tomato paste, any top with any chosen toppings.
- Return to the oven and bake a further 10 -15 minutes until cooked.
- *** click on purple words to read up on or to purchase.