

VEGETABLE PIZZA WITH CAULIFLOWER BOTTOM

2 persons / 547 kcal per portion

Ingredients:

- 400 grams cauliflower florets
- 250 grams mozzarella
- 1 egg
- 2 tablespoons Oregano - dried
- 180 grams original pizza sauce (Mister Kitchen)
- 100 grams chestnut mushrooms
- ½ pepper
- 1 onion
- 20 grams arugula
- 100 grams cherry tomatoes
- 50 grams pineapple
- salt



Preparation:

Preheat the oven to 220°C. Grind the cauliflower florets in a food processor. Add them to a bowl and microwave at 900 watts for 5 minutes. Allow to cool, put the cauliflower in a clean tea towel and wring it well so that you have dry mass. Grind 200 grams of mozzarella in the food processor. Mix the mozzarella together with the cauliflower, egg, oregano and some salt. Cover the baking tray and metal grill with baking paper and divide the mixture to get 2 evenly round shaped pizzas (tip: use a cake pan as a base). Bake the pizza in the oven for 20 minutes. Halfway through the baking time, switch the baking tray and metal grid in the oven. Remove the pizza from the oven and let it cool down. Cut the bell pepper into strips. Cut the onion in half rings. Halve the cherry tomatoes. Cut the mushrooms into slices. Cut the chives finely. Cover the pizza base with the onion, bell pepper, tomatoes, mushrooms, pineapple and the rest of the mozzarella and finish the pizza in 15 minutes, again halfway through switch the baking tray and metal grid. Divide the arugula and chives over the pizza and serve.

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Nutritional value per portion:

Energy:	547 kcal
Protein:	34.6 grams
Carbohydrates:	27.2 grams
- including sugars:	22.7 grams
Fat:	31.8 grams
Fiber:	10.0 grams
Salt:	2.7 grams