



Cauliflower pizza

Serves 4

Ingredients

Cauliflower

- 1 whole medium to large cauliflower – if small use 2
- 1 egg
- 80g/1/3 cup soft goat cheese
- 1 tsp. oregano or mixed herbs
- Pinch salt

Sauce

- 1 tin tomatoes
- 1 tbsp. tomato paste
- 2-3 Garlic gloves
- 1 tbsp. Olive oil
- 1 tsp. Dried herbs

Toppings of your choice!

- Grated mozzarella and cheddar mixed or slices of mozzarella
- Black olives
- Cooked mushrooms
- Basil leaves
- Sun dried tomato
- Red onion sliced (or caramlised onion)
- Grilled veg etc. let your imagination go wild!

Method

1. Heat the oven to 200C.
2. Working in batches if needed, pulse cauliflower in a food processor fitted with the blade, or grate using the medium holes of a box grater, until the cauliflower is rice sized in texture and fine. You may want to do the core separate from the florets.
3. Place your riced cauliflower into a roasting tray and spread it out. Roast for about 20 min till it starts to brown on top.
4. Whilst it's in the oven make your topping. Fry the garlic in a little oil, just as it starts to turn golden throw in all the other ingredients. You want to cook this down so that is it is a thick sauce, thicker than if you were going to use it for pasta.



5. Take the cauliflower from the oven and transfer to a bit of muslin cloth or a clean kitchen towel. Tightly squeeze to remove as much liquid as possible (this part should not be done by children as its not! You can let it cool before squeezing). If you have one a nut milk bag is perfect for this job.
6. Add to a bowl with the other ingredients for the pizza and mix well.
7. Place a piece of baking parchment onto a baking tray. Spoon on your pizza mix and using a spatula spread it out into an even circle. You want it as thin as possible, about 4mm.
8. Bake the cauliflower on the baking parchment. After 20 min flip it over on to the baking tray and bake for another 10-20 min. This will depend on how wet it is, just watch the edges of the pizza; if it starts to go to brown take it out.
9. Take the pizza out of the oven and spread your tomato sauce onto the pizza
10. Cover with toppings and back in the oven for 6-8 min till its golden brown.

Serve with sweet potato chips and coleslaw or salad.

Notes:

You can steam the cauliflower rice if you prefer but I find roasting it gives a nice taste.

Make sure your tea towel does not smell strongly of laundry detergent or conditioner or that floral taste will be imparted onto your cauliflower! Muslin cloth or a nut milk bag works best.

If using frozen cauliflower then defrost it first then pulse it to make into rice, squeeze it out then add to the egg, soft goats cheese, herbs etc. and spread it out with a spatula, on grease proof, bake until dry, flip it over and bake other side as you do with the recipe above, you just don't roast it first.

To leave out the goat's cheese you can add an extra egg or you can use yogurt.

To make it egg free add ground flax seeds 1tbsp mixed with 2 tbsp. of water and left for 10 min to turn to a gel, this could also be ground chia seeds.

Source: Recipe by Kate Waters