



Niki Bezzant's Cauliflower Pizza Base

From the garden:	cauliflower, herbs
Season:	all seasons
Type:	main dish or snack
Difficulty:	easy
Recipe source:	<i>Niki Bezzant, Garden to Table Ambassador</i>

“If you want to get a little adventurous in the kitchen and really 'vege-fy' your pizza try my Cauliflower pizza base recipe!” Niki.

Equipment

- microwave-safe bowl
- wooden spoon
- knife
- chopping board
- food processor or grater
- oven tray and baking paper
- plates
- clean tea towel

Ingredients

- 1 medium cauliflower
- 2 eggs
- 100grams flour (use gluten-free if you like)
- 1 tablespoon oil
- 1/4 teaspoon salt
- handful of herbs, roughly chopped
- salt and pepper, to season

How to make it:

1. preheat oven to 200 degrees celcius.
2. chop cauliflower (including the stalk) and blitz in the food processor, in two or three batches, until it resembles rice (approximately 4 cups).
3. place in a microwave-safe bowl, cover and cook on high for about 4-6 minutes, until tender.
4. drain and cool the mixture, scoop into a clean tea towel and squeeze out the excess water.
5. whisk the eggs and add with all other ingredients to a mixing bowl and combine. Season well with salt and pepper.
6. place mixture on a tray lined with baking paper and mould into the shape of a pizza. Bake for 15-20 minutes, until crisp and golden.
7. cool the pizza base before spreading over your favourite pizza sauce and vegetables, and a sprinkle of cheese. Bake the pizza at 200 degrees again for 10-15 minutes until the toppings are cooked and the cheese is melted, golden and crispy.