



Cauliflower Pizza

INGREDIENTS:

- 1 head cauliflower
- ½ cup shredded mozzarella
- ½ tsp dried oregano
- ½ tsp dried basil
- ½ tsp salt
- ½ tsp garlic powder
- 1 egg
- Pizza sauce
- Grated cheese



METHOD:

1. Preheat oven to 200°C
2. Remove the leaves and stem of the cauliflower and cut into florets
3. Transfer the pieces to a food processor and rice the cauliflower by pulsing it or grating it on a box grater
4. Once riced, transfer to a large bowl, cover loosely with cling wrap and microwave for 4 minutes. Let it cool down for a few minutes before handling
5. Transfer cooked cauliflower to a clean towel and wring out as much liquid as possible
6. Place wrung out cauliflower in a bowl and combine with mozzarella, oregano, basil, salt, garlic powder and an egg. Mix well.
7. Line a baking sheet with baking paper
8. Place cauliflower mixture in the middle. Spread out the mixture and form a circle out of the cauliflower mixture, pushing along the edge to raise a 'crust'
9. Bake for 15-20 minutes, or until the crust has become golden brown in the centre and on the edges. You may to flip it to cook it on both sides
10. Top with your favourite pizza sauce and cheese, being careful not to overload the pizza or it will go soggy
11. Bake for another 5-10 minutes, or until the cheese has fully melted.