Cauliflower Pizza

Calories: 0 kcal

Servings: 4

Time: 40 Mins

Ingredients

Instructions

1. Preheat oven to 225ºC (430ºF).
2. Place a pizza stone in the oven, or baking sheet if you don't have a pizza stone.
3. On a cutting board, place a large piece of parchment paper and spray with a non-stick cooking oil
4. Wash and thoroughly dry head of cauliflower. Cut cauliflower into florets, keeping some stem. Pulse cauliflower in a food processor for 30 seconds. You should end up with 3 cups of cauliflower rice.
5. Place the cauliflower in a microwave-safe bowl. Cover and microwave for 4 minutes.
6. Place cooked cauliflower into a clean tea towel / nut milk bag and allow to cool. Once cauliflower is enough to handle, squeeze out as much juice as possible. *This will ensure you get a chewy pizza crust.
7. Combine dry cauliflower in a bowl with all other pizza base ingredients, adding the egg last. Mix together with hands and roll mixture into a ball.
8. Form the dough into a crust on the oiled parchment paper. Pat down thoroughly, making 1-2 pizza bases. *Do not make too thick or thin.
9. Using a cutting board, slide the parchment paper onto your hot pizza stone or baking sheet in the Bake for 10 minutes, or until it starts to turn golden brown. Remove from oven.
10. Add crushed tomato mixed with pepper and salt first, then add the rest of the toppings to pizza ba and place back into the oven and cook for a further 6-7 minutes until the cheese is melted, bubbly slightly golden.
11. Remove from oven and allow to cool for a few minutes. Cut pizza using a pizza cutter and serve.