

CAULIFLOWER PIZZA CRUST

Time: 40 minutes

Serves: 4

Ingredients:

500g cauliflower florets
40g Parmesan cheese - freshly grated
25g mozzarella - shredded
1 egg
2g kosher salt
1.5g garlic powder

Preparation:

Preheat baking steel or stone in oven at 260C.

Pulse cauliflower in food processor with "S" blade until it is very fine like couscous. Microwave covered for four minutes.

When cauliflower is cool enough to handle, place it on a lint-free cloth then, grab the corners of the cloth and twist them together, forming a ball of cauliflower in the cloth. Twist the cloth tightly over the sink to wring out as much liquid as possible. Open the cloth, move the cauliflower around and repeat the wringing.

Place the cauliflower in a bowl with the remaining ingredients and stir to evenly distribute.

Move the mixture onto a piece of parchment paper, using your hands to shape into an approximately 25cm diameter crust.

Place the crust and parchment onto the baking steel or stone and bake for approximately 15 minutes or until the edges are well-browned and some spots form on top.

Remove from oven, top with your favourite ingredients and return to oven, cooking to your liking.

Nutritional Information Per Serving:

Calories: 112
Fat: 6g
Carbs: 7g
Fibre: 3g
Protein: 9g