



## Niki Bezzant's Cauliflower Pizza Base

<b>From the garden:</b>	cauliflower
<b>Season:</b>	all seasons
<b>Type:</b>	main dish or snack
<b>Difficulty:</b>	easy
<b>Recipe source:</b>	<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
- oven tray
- plates
- clean tea towel

### Ingredients

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

### How to make it:

1. preheat oven to 200 deg C.
2. chop cauliflower and blitz in the food processor, in two or three batches, until it resembles rice.
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 on 200 deg again for 10-15 minutes until the toppings are cooked and the cheese is melted, golden and crispy.