



### Product Spotlight: Cauliflower

Cauliflower is chock full of vitamins and minerals! It offers a good source of choline which assists in brain development, improving learning and memory!



## Parmesan Cauliflower Pizza with Mediterranean Vegetables

Cauliflower and parmesan cheese pizza bases topped with basil pesto and a medley of roasted Mediterranean vegetables served with rocket leaves tossed in balsamic dressing.



30 minutes



2 servings



Vegetarian

3 March 2023

## Switch it up!

*Instead of making pizza bases, cut the cauliflower into steaks and roast, then add the pizza toppings, or cut it into florets and roast with the remaining vegetables to make a roast cauliflower salad.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	42g	31g

## FROM YOUR BOX

ZUCCHINI	1
SHALLOT	1
CHERRY TOMATOES	200g
CAULIFLOWER	1/2
PARMESAN CHEESE	1 packet
ROCKET LEAVES	1 bag (60g)
BALSAMIC DRESSING	1 sachet
PESTO	1 jar

## FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 egg, dried rosemary

## KEY UTENSILS

food processor, oven dish, oven tray

## NOTES

If you don't have a food processor, you can grate your cauliflower or use a knife and finely chop it. Squeeze excess moisture out of cauliflower.

You can make one large pizza base or four smaller ones.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Slice zucchini and wedge shallot. Add to a lined oven dish along with cherry tomatoes. Toss with **oil**, **1 tbsp rosemary**, **salt and pepper**. Roast for 20–25 minutes until vegetables are tender.



### 4. TOSS THE ROCKET LEAVES

Add rocket leaves, remaining parmesan cheese and balsamic dressing\* to a large bowl. Toss to combine.

\*if you received a bottle of balsamic dressing, use 1 tbsp to dress rocket leaves.



### 2. PREPARE THE CAULIFLOWER

Add roughly chopped cauliflower to food processor (see notes). Process to a fine texture. Add to a large bowl along with 1/2 parmesan cheese, **egg** and **pepper**. Mix to combine. Divide cauliflower mixture on a lined oven tray. Use hands to press onto tray to form desired shape.



### 5. TOP THE PIZZAS

Spread pesto evenly over pizza bases. Add roasted vegetables.



### 3. BAKE THE PIZZA BASES

Bake pizza bases for 15–20 minutes until golden on top and browning on the edges.



### 6. FINISH AND SERVE

Top pizzas with tossed rocket. Serve pizza tableside.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

