



**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.

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.



30 minutes



4 servings



Vegetarian

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	35g	22g

FROM YOUR BOX

ZUCCHINI	1
RED ONION	1
CHERRY TOMATO MEDLEY	1 x 200g
CAULIFLOWER	1
PARMESAN CHEESE	1 packet
ROCKET LEAVES	1 bag (120g)
BALSAMIC DRESSING	1 sachet
TINNED ARTICHOKEs	1
PESTO	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, 2 eggs, dried rosemary

KEY UTENSILS

food processor, oven dish, 2 oven trays

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.

Crescent zucchini and wedge red onion. 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, **2 eggs** and **pepper**. Mix to combine. Divide cauliflower mixture among lined oven trays. Use hands to press onto tray to form desired shape.



5. TOP THE PIZZAS

Drain artichokes. 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**

