

## **WTF! PIZZA**

Serves 4

Prep time 30 minutes

Cook time 20 minutes

Carb count 7 g per serve

### **INGREDIENTS**

For the pizza sauce (makes 6–8 serves):

1 tbsp olive oil  
1 onion, diced  
400 g can chopped tomatoes  
1 clove garlic, crushed  
1 tbsp vinegar  
pinch dried oregano (optional)  
small bunch basil leaves

For the pizza dough:

2 cups grated mozzarella (use the firm type, not the balls in water)  
 $\frac{3}{4}$  cup ground almonds  
2 tbsp cream  
 $\frac{1}{4}$  cup psyllium husks  
1 egg, whisked

Toppings:

1 large punnet (250 g) cherry tomatoes, halved  
 $\frac{1}{2}$  ball mozzarella (the one in the water), sliced  
3–4 slices prosciutto  
 $\frac{1}{4}$  cup baby rocket  
small bunch basil leaves

Side salad:

handful of salad leaves (baby spinach, mixed leaves and/or rocket)  
 $\frac{1}{4}$  -  $\frac{1}{2}$  red onion, thinly sliced  
1 tomato, diced 1 cm  
1 tbsp extra virgin olive oil  
 $\frac{1}{4}$  lemon

### **METHOD**

Heat the olive oil in a pot over a medium heat. Add the onion and cook, stirring occasionally, for a couple of minutes to soften. Add the tomatoes, garlic, vinegar and oregano (if using). Bring to the boil and simmer for 10 minutes, then allow to cool slightly. Add the basil and blend with a hand-held blender (or in a jug blender or food processor) until fairly smooth. Season to taste with salt and

freshly ground black pepper. This recipe makes more than you'll need, but it will keep for 4-5 days in the fridge or up to 1 month in the freezer.

Pre-heat the oven to 180°C regular-bake. Place a pizza stone or baking sheet in the oven to heat up. Place the grated mozzarella in a microwave-safe bowl and microwave on high for 20 seconds. Remove and stir, then repeat until it has melted evenly. Place the other pizza dough ingredients in a food processor and pulse a few times to mix them. Add the melted mozzarella to the food processor and pulse until it all comes together into a doughy ball. Scrape the pastry out onto a piece of non-stick baking paper and place a sheet of cling wrap on top. Roll the pizza dough out between the paper and cling wrap, as thinly as you like. Leave covered in the cling wrap until you need it.

Slide the paper with the pre-rolled dough onto the hot pizza stone or baking sheet and remove the cling wrap. Bake the base for 6-8 minutes, to give it a head start. Remove the base from the oven and spoon on about half of the pizza sauce. Top with the cherry tomatoes and mozzarella slices and bake for another 12-15 minutes, until the cheese is lightly golden.

While the pizza is cooking, place all the salad ingredients in a medium-sized bowl and toss to combine. When the pizza is ready, remove it from the oven and add the prosciutto and rocket to one half and the basil leaves to the other half. Cut into pieces and serve straight away with the salad on the side.