



Cauliflower Pizza with Sundried Tomatoes

⌚ 35—45 Min ♡ ♡ ♡

Preparation

Ingredients 4 Portions

♦ = Kotányi Produkte

2	Cauliflower, around 500 g per person
3	Eggs
1	Can of chopped tomatoes
1	Garlic clove
120 g	Artichoke hearts, from a jar
100 g	Tomatoes, sundried
40 g	Arugula, fresh
20 g	Pine nuts
	Olive oil
3 tsp.	♦ Organic Oregano, Crushed
1 tsp.	♦ Organic Basil, Crushed
1 tsp.	♦ Thyme, Crushed
1 pinch	♦ Himalayan Salt

- 1 Wash the cauliflower, cut into rough pieces and blend in a food processor until very small. Season with 1 tsp. of salt and allow to infuse for 10 minutes. Place onto a clean dish towel and squeeze the liquid out as firmly as possible. It will lose a lot of water — this will allow the base to go nice and crispy.
- 2 Preheat the oven to 220°C (428°F) using the conventional oven setting.
- 3 Mix the cauliflower with the eggs and 2 tbsp. of olive oil and season with pepper and 2 tsp. of oregano.
- 4 Press the cauliflower mixture flat onto a baking tray lined with baking parchment and shape into one or several round or square pizzas. Bake for around 15 minutes until the base is golden brown.
- 5 Blend the can of tomatoes with the peeled clove of garlic, 1 tsp. basil 1 tbsp. of olive oil, salt and pepper in a blender to make a tomato sauce.
- 6 Coat the pizza base/bases with the tomato sauce and bake for around another 10 minutes.
- 7 Garnish the finished pizza/pizzas with the artichoke hearts, sundried tomatoes, fresh arugula and pine nuts and drizzle with the olive oil. Season with salt and pepper and serve.

