

## Cauliflower and Almond Pizza with Chilli & Lime Seed Crunch

The perfect guilt-free pizza loaded with vegetable goodness! If you've tried other cauliflower pizza bases and found them soggy you'll be thrilled to know that this method guarantees a firm texture you can hold in your hand and will be perfect base for your favourite toppings. The lime and chilli seed crunch packs a flavour punch that is phenomenal on pizza.

### Cauliflower and Almond Pizza

Makes 2 medium sized bases

#### BASES

##### Ingredients

4 cups cauliflower "rice" (a little over a large cauliflower will yield this)  
¾ cup **Alison's Pantry Ground Almonds**  
¾ cup mozzarella cheese, grated (could also use edam or cheddar cheese)  
1 free range egg, lightly beaten

#### Method

Use a food processor to create cauliflower 'rice'. Blitz until very fine.  
Preheat oven to 180°C.

Place cauliflower in an oven proof dish and cover with tinfoil. Roast for 20 minutes. Remove cover and set aside to cool for 20 minutes.

Tip all cauliflower rice into a clean and dry tea towel. Gather the edges together and twist to squeeze out all the liquid possible. You'll be surprised how much you can remove!

Combine with the remaining ingredients in a large bowl and use your hands to work the 'dough' for a minute, ensuring it is well mixed.

Divide the mixture in half and use it to shape two round pizza bases on a lined baking sheet. Your bases should be approximately 1.5cm thick. Two medium bases will create a crispier firmer result than one large.

Bake for 20 minutes until golden. You can opt to flip your base at the halfway mark to achieve an even browning. This is optional. Remove from oven and place on a rack (this helps retain crispness) to cool for 10 minutes

#### TOPPINGS

1 ½ cups tomato passata  
2 handfuls baby spinach  
150 grams button mushrooms, sliced  
Additional mozzarella cheese  
Sesame seeds, chilli & lime seed crunch (see recipe below)

Spread bases with tomato passata and then place other toppings on as desired. Bake in the oven (again at 180°C) for 10-15 minutes until the cheese is melted.



## Chilli & Lime Seed Crunch

For wonderful crunch and flavour you can also top the pizza with these chilli and lime seeds and nuts. Great on salads too!

### Ingredients

1 cup **Alison's Pantry Natural Cashews**  
1/4 cup **Alison's Pantry Sesame Seeds**  
1/2 cup **Alison's Pantry Sunflower Seeds**  
1/2 cup **Alison's Pantry Pumpkin Seeds**  
1/4 cup **Alison's Pantry Flaxseed**  
1/2 tsp dried chilli flakes  
1/4 teaspoon sea salt  
zest of two limes  
cracked black pepper to taste  
2 tablespoons olive oil  
1 tablespoon honey

### Method

Preheat oven to 120°C.

Mix all ingredients thoroughly in a large bowl. Spread evenly on a lined baking sheet and bake for 20 minutes. Toss at the 10 minutes mark to ensure even cooking.

Leave to cool entirely before storing in an airtight jar.

*Will last up to three weeks.*