Dinner

Cauliflower Crust Pizza with Spiced Mince and Tzatziki

A crisp cauliflower base is baked until golden, then piled with warmly spiced Quorn mince, juicy cherry tomatoes, cucumber and parsley, finished with cool dollops of cucumber yoghurt.



Nut free

60 min	296	26.3 g	14.5 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] For the base: 900 g/32 oz cauliflower, prepared into florets
- [ ] 1 small onion, finely chopped
- [ ] 1 medium egg, beaten
- [ ] 40 g/3 oz 3% fat cream cheese, e. g. Philadelphia lightest cream cheese or 40g/3 oz low fat natural yoghurt
- [ ] 2 tbsp wholemeal flour
- [ ] 1/4 tsp freshly ground black pepper
- [ ] 1 tsp olive oil
- [ ] For the toppings: 1 tsp olive oil
- [ ] 300 g/12 oz Quorn, meat-free mince
- [ ] 2 tsp smoked paprika
- [ ] 1 tsp ground cumin
- [ ] 1 tsp ground coriander
- [ ] 1/2 tsp dried oregano
- [ ] 1 large cucumber, half grated, half finely diced
- [ ] 175 g/5 oz cherry tomatoes, quartered
- [ ] 2 tbsp flat-leaf parsley, chopped
- [ ] 200 g/7 oz low-fat natural yoghurt

Nutrition Facts

Per serving

Calories	296
Total fat	7.6 g
Saturated fat	1.9 g
Sodium	Not listed
Total carbs	26.3 g
Fiber	11.5 g
Total sugars	14.5 g
Protein	24.8 g

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Method

- [ ] 1 Heat the oven to 200°C (180° fan)/400F/gas mark 6 and grease and line a large round baking tray with greaseproof paper.
- [ ] 2 Blitz the cauliflower florets in a food processor until they look like rice, then boil them, covered, in a large pan of water for 4-5 minutes until tender.
- [ ] 3 Drain thoroughly, tip the cauliflower into a square of muslin, cheesecloth or a clean tea towel, gather it into a ball and twist hard to squeeze out as much liquid as possible.
- [ ] 4 Put the dried cauliflower in a bowl with the beaten egg, cream cheese, wholemeal flour and freshly ground black pepper, and mix until a rough dough comes together.
- [ ] 5 Press the dough out on the lined tray into a large round and brush the top with olive oil.
- [ ] 6 Bake for 25-35 minutes until the base feels dry to the touch and is golden brown all over.
- [ ] 7 While it bakes, warm the remaining olive oil in a sauté pan over a medium heat until hot.
- [ ] 8 Cook the finely chopped onion for about 5 minutes until softened, then add the Quorn, raise the heat slightly and brown it all over, breaking it up with a wooden spoon.

General information, not medical advice.

Estimates vary with brands and portions.

- [ ] **9** Stir in the smoked paprika, ground cumin, ground coriander and dried oregano and cook for a further 2 minutes, then take the pan off the heat and cover to keep warm.
- [ ] **10** When the cauliflower base comes out of the oven, scatter the spiced Quorn over it with the finely diced half of the cucumber, the quartered cherry tomatoes and the chopped flat-leaf parsley.
- [ ] **11** Stir the grated half of the cucumber into the low-fat natural yoghurt, spoon dollops of it over the pizza and serve the rest on the side.