Dinner

Golden vegetable pizza with feta

A homemade pizza with a crisp potato and chickpea flour base, loaded with tomatoes, peppers, onion, mushrooms and feta, finished with fresh basil.

50 min	333	52.3 g	7.2 g
time	calories	carbs	sugars



Low sugar

Ingredients, 4 servings

- [ ] 75 g potatoes, peeled and chopped small
- [ ] 50 g gram (chickpea) flour
- [ ] 125 g ground rice
- [ ] 50 g cornflour
- [ ] half tsp bicarbonate of soda
- [ ] half tsp cream of tartar
- [ ] 25 g sunflower spread
- [ ] 125 ml semi-skimmed milk
- [ ] a little oil for greasing

For the topping

- [ ] 4 medium tomatoes, sliced
- [ ] half red pepper, sliced
- [ ] half yellow pepper, sliced
- [ ] 1 small red onion, sliced
- [ ] 1 small tin (290g) button mushrooms, drained and halved
- [ ] 40 g feta cheese, crumbled
- [ ] handful fresh basil leaves, torn

Nutrition Facts

Per serving

Calories	**333**
Total fat	7.7 g
Saturated fat	3 g
Sodium	Not listed
Total carbs	52.3 g
Fiber	5.3 g
Total sugars	7.2 g
Protein	11.1 g

Method

- [ ] **1** Boil the potatoes in a pan of water for 15 minutes until soft, then drain and mash them.
- [ ] **2** Preheat the oven to 220ºC, gas 7, and stir the gram flour, ground rice, cornflour, bicarbonate of soda and cream of tartar together in a large bowl.
- [ ] **3** Rub in the mashed potatoes and the sunflower spread until the mixture looks like fine breadcrumbs.
- [ ] **4** Stir in enough semi-skimmed milk to form a soft dough and shape it into a ball, then roll it out to a 30cm round and transfer it to a baking sheet brushed with a little oil for greasing.
- [ ] **5** Arrange the tomato slices, red pepper slices, yellow pepper slices and red onion slices over the base, then dot with the button mushroom halves.
- [ ] **6** Scatter the feta cheese on top and bake for 15-20 minutes, until the vegetables are tender and the base is golden and crisp.
- [ ] **7** Finish with the torn fresh basil leaves and serve.

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