



BBQ PIZZA WITH CRISPY CAULIFLOWER (VEGAN)

This vegan BBQ pizza with crispy cauliflower and garlic sauce is the perfect comfort food! It's very easy to make and so delicious!

4 portions

INGREDIENTS

- 1 cup of sauce, barbecue (279 g)
- 1/2 large head of cauliflower, raw (420 g)
- 1 tsp of paprika (2 g)
- 1 tsp of garlic powder (3 g)
- 1 Cup of yoghurt, Coconut, Dairy Free (245 g)
- 2 cloves of garlic, minced (6 g)
- 1 Base of picasso Kitchen Cauliflower Pizza Base (170 g)
- 80 grams of bio Cheese (Vegan) (80 g)
- 4 large units of onions, spring or scallions (includes tops and bulb), raw (100 g)
- 1 tbsp of parsley, fresh (4 g)
- 1 medium capsicum, sliced (119 g)
- 1 tablespoon of oil, olive, salad or cooking (14 g)

COOKING METHOD

- 1° Cut the cauliflower into bite-sized florets. Combine the BBQ sauce with the spices. Use half of the sauce to dip the florets in, so they're completely coated. Place them on a baking sheet lined with parchment paper and bake for 10 minutes at 170 Celsius
- 2° Brush pizza base with olive oil, then place cauliflower onto pizza base and coat the baked BBQ cauliflower with the remaining sauce. Add capsicum to base and bake for 12-15 minutes or until lightly brown and crispy. Sprinkle with chopped parsley and green onions and cheese. Cook for a further 2-5 minutes until cheese has melted.
- 3° Combine yoghurt, garlic and salt and pepper to taste and mix in a small bowl. Drizzle over pizza and serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (360 g)	% DRI
ENERGY	173 kcal	622 kcal	31 %
FAT	4 g	15 g	23 %
FATTY ACIDS, TOTAL SATURATED	2 g	6 g	30 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	271 mg	977 mg	41 %
CARBOHYDRATE	13 g	48 g	16 %
SUGARS	8 g	30 g	—
FIBER	1 g	4 g	17 %
PROTEIN	2 g	7 g	—