

Paul's Low Calorie Meat Lover's Pizza

Makes 2 portions

Ingredients

Cauliflower, raw	300g
1 Chicken Egg	57g without shell
Italian passata	80g
Grated Parmesan Cheese	20g
Double Smoked Thinly Sliced Ham from Deli	50g
Thinly Sliced Roast Beef from Deli, trimmed of fat	50g
Peri Peri Shredded Chicken from Deli	50g
Shredded Mozzarella Cheese	30g
Light Tasty Shredded Cheese	20g

Method

Blitz the cauliflower florets in a food processor to resemble breadcrumbs. Put them in a bowl and microwave on high for 6-8 minutes. Drain in a sieve, pressing with a spoon to remove as much liquid as possible. If still damp, press between two sheets of paper towel to dry as thoroughly as possible.

Put the cauliflower back in the bowl with the egg and parmesan cheese and mix very thoroughly. Use either a greased round baking tin or a piece of baking paper spread on a baking tray. Put the mixture in the tin or spread it out on the baking tray and shape it as desired.

Preheat an oven to 230°C/210°C fan-forced and put the cauliflower mixture in and bake for 15 minutes or until golden brown.

Spread the passata over the base. Chop the beef and ham into very small pieces and spread over the passata, together with the chicken. Scatter the mozzarella and tasty cheese as evenly as possible over the pizza. Return to the oven and bake for another 5 minutes or until all the cheese has melted.

Slice up as desired and serve.

Damage per portion

Energy	327 kCal / 1365 kJ
Protein	35g
Total Fat	6g
Saturated Fat	8.5g
Carbohydrate	6g
Sugars	5.5g
Dietary Fibre	4.25g
Sodium	1140mg

Notes

The meats can be varied as desired. Tiny cubes of chorizo would add a lot of flavour, as would chopped up salami or thin slices of cabanossi. However, if focussed on the calories be careful as it's easy to add a lot of calories with a small amount of these fat laden 'meats'.

Most of the ingredients are supermarket brands, nearly all Coles. The deli meats are either Bertocchi or Primo. Other brands may have different calorie values.

The pizza base was inspired by this: <https://www.taste.com.au/recipes/cauliflower-crust-pizza/7029d1c9-4bf9-4885-8887-1647b18e76ee>