



COOKING PASSION SINCE 1877

PERFECT PIZZA BY LUKE HINES



Serves 2

INGREDIENTS

2 zucchinis, grated and squeezed off excess liquid
3 tbsp coconut flour
1 tsp dried Italian herbs
pinch of salt
4 eggs
2 tbsp tomato paste
1 Roma tomato, sliced
2 streaky bacon rashers, chopped
2 tablespoons basil leaves
1 handful rocket leaves
2, tablespoons ricotta or dairy-free alternative
1 tbsp extra-virgin olive oil

METHOD

Preheat oven to 180°C and line a pizza tray with baking paper.

Add zucchini, coconut flour, Italian herbs, salt and 2 of the eggs to a bowl and mix together well to form a batter. Mould into prepared pizza tray and bake for 6–8 minutes, or until par-baked.

Remove base from oven and spread tomato paste evenly over the surface. Lay over tomato slices and bacon, then carefully crack over the remaining eggs towards the centre to ensure they don't drip over the side. Transfer to oven and bake for a further 5 minutes, or until eggs are cooked.

Remove pizza from oven and top with basil, rocket and ricotta. Drizzle over olive oil and serve.

THE LOWDOWN: Zucchinis are a great veg – not only are they widely available, inexpensive and seriously versatile in the kitchen, they are also really high in energy-rich B vitamins, vitamin A, vitamin C, calcium and magnesium, as well as being super low carb and full of anti-inflammatory compounds.