PESTO, PUMPKIN & SUN-DRIED TOMATO PIZZA

@ListenToTheDietitian

Serves 4

INGREDIENTS

Pesto:

- 1 large bunch fresh basil
- 50g parmesan, chopped into small pieces
- 50g pine nuts
- 50mL extra virgin olive oil
- 1 clove garlic

Pizza:

- 500g pumpkin
- 1 tablespoon extra virgin olive oil
- 3-4 wholemeal Lebanese flatbreads or homemade pizza bases
- 1 zucchini, peeled into flat ribbons using a vegetable peeler, or made into zoodles
- 80g sun-dried tomatoes
- 150g baby bocconcini
- 60g rocket

METHOD

1. Place all pesto ingredients into a food processor and process until your desired consistency. Season with salt and pepper.
2. Preheat the oven to 200°C/ 390°F.
3. Peel and chop the pumpkin. Place onto a lined baking tray, drizzle about 1 tablespoon of olive oil on top, then season with salt and pepper. Place into the oven for 15 minutes.
4. Spread about 1 tablespoon of pesto onto the bases. The remaining pesto can be kept in the fridge for up to a week. Top the pizzas with the zucchini, sun-dried tomatoes and bocconcini.
5. Remove the pumpkin from the oven and place on top of the pizzas. Place the pizzas in the oven for about 5 to 6 minutes until golden and slightly crisp on the edges.
6. Top with the rocket and serve.

✓ Fibre ✓ Healthy Carbohydrates