

**EAT LIKE
A PRO**

by **beko**

APPROVED
BY NUTRITIONISTS OF
FC BARCELONA

Broccoli Crust Pizza

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What you'll need ...

Small head of broccoli

2 eggs

30g grated parmesan cheese

60g grated mozzarella cheese

1 tspn salt

½ tspn pepper

50g marinara tomato sauce

130g grated cheese - cheddar or mozzarella

Your choice of veggies - mushrooms, sweetcorn, courgette, peppers and any meat like chicken or turkey.

 45 min
 2 people



Broccoli what Broccoli ????

- 1 Preheat the oven to 180°C.
- 2 Line a baking tin with baking paper or lightly grease with oil, set aside.
- 3 Pop the broccoli into a food processor and blend until it's the same consistency as rice, then place the blended broccoli into a bowl, cover with cling film and microwave for 1 minute until it is steamed.
- 4 Let cool and then pour onto a clean cloth and squeeze any liquid out of the broccoli until it resembles a dry ball.
- 5 In a large bowl, using a spoon combine the broccoli, eggs, 60g of both the parmesan and mozzarella and season. Mix together until fully combined.
- 6 Pour the mixture into the pre-lined baking tin and shape it into a pizza crust of ½ inch thick.
- 7 Bake for 10-12 minutes or until the crust is lightly browned.
- 8 Remove from the oven and add the marinara sauce, if you have some additional toppings to add do this before applying a final sprinkling of grated cheese.
- 9 Return to the oven and bake for an additional 10-12 minutes or until the cheese has fully melted.
- 10 Cool for 5 minutes, slice and serve.