

# Cheesy Bolognese Pizza

with Cauliflower Crust

hellóchef

Low-Carb decadence at its best!

Cals 765 • Prot 73 • Carbs 22 • Fat 43

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🕒 cook: 60 min

R2664



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Crust				
	2 ppl	3 ppl	4 ppl	
Cauliflower	400	600	800	Grams
Olive oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Parmesan 4*	30	45	60	Grams
Organic Eggs 5*	1	2	3	Pieces
Bolognese				
Lean beef mince	350	525	700	Grams
Garlic cloves	2	3	4	Pieces
Olive oil	1	2	2	Tbsp
Tomato paste	30	50	70	Grams
Tomato passata	200	400	500	Grams
Salt	0.5	1	1	Tsp
Dried oregano	2	2	2	Grams
Black pepper	0.5	1	1	Tsp
Toppings				
Cherry tomatoes	150	150	250	Grams
Mozzarella ball 4*	125	250	250	Grams
Grated mozzarella 4*	60	90	120	Grams
To serve				
Fresh basil	15	15	15	Grams

Allergens

\*4 Milk, \*5 Eggs

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3201 / 765
Fat (g)	43.4
of which saturates (g)	22.6
Carbohydrate (g)	22
of which sugars (g)	11.4
Fiber (g)	7.9
Protein (g)	72.9
Salt (g)	2.5

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep crust

Preheat the oven to 220°C/200°C fan. Grate the **cauliflower** with a box grater until it resembles small crumbs. Heat a pan over a medium-high heat with a drizzle of **olive oil**. Fry the **cauliflower** crumbs with a pinch of **salt** for 7 min or until browned and dry. Transfer to a large bowl to cool.



2 Mix and bake

Grate the **Parmesan**. Add it to the cooled **cauliflower** along with the **eggs**. Mix until combined. Pour the mixture onto a lined baking tray. Pat it down until it resembles an even layer. If you're cooking for 3 or 4, use two trays. Bake in the oven for 10-15 min until golden brown and set.



3 Make bolognese

Meanwhile, peel and crush the **garlic**. Heat a pan over a high heat with a drizzle of **olive oil**. Fry the **beef mince** for 5-7 min until browned and starting to crisp. Add the **garlic** and **tomato paste** and cook for 2 min further. Add the **tomato passata** and simmer for a final 5-7 min. Season with **salt, dried oregano** and **pepper** (see pro tip).



4 Flip and bake

Place a second piece of baking paper on the table. Remove the pre-baked **cauliflower** crust from the oven. Quickly, flip the crust onto the second piece of baking paper so that the underside is now on top. Remove the old baking paper. Bake for 5 min further.



5 Top and bake

Halve the **cherry tomatoes**. Slice the soft **mozzarella**. Remove the pre-baked **cauliflower** crust from the oven. Spread the bolognese over the crust. Top with the **cherry tomatoes**, soft and **grated mozzarella**. Bake in the oven for a final 10-15 min until browned.



6 Serve

Garnish the hot pizzas with the **fresh basil** leaves and serve immediately.