

Caramalised Onion, Beetroot and Ricotta Pizza

Serves 4 (makes 2 pizza's)

1 x red onion, sliced
1 large beetroots, peeled and grated
1 teaspoon honey
3 sprigs fresh thyme leaves
Pinch of sea salt
1 tablespoon balsamic vinegar
2 heaped tablespoons tomato paste
1 small zucchini, sliced thinly on a mandolin
2 x kale leaves, stems removed, torn into small leaves
2/3 cup ricotta
2 tablespoons pine nuts
Quinoa Base (makes 2):
3 cups cooked quinoa
2 eggs
1/2 cup almond meal
1/4 cup parmesan cheese
Salt and pepper



Serve with green salad: Rocket, tomato, avocado and lemon dressing.

Preheat the oven to 180°C. Combine the quinoa, egg, almond meal, parmesan cheese and a pinch of salt and pepper in a bowl. Line a baking tray with baking paper and spread the quinoa mixture into a circle, pressing to ensure there are no gaps. Place in the oven and bake for about 20 minutes or until the base is starting to go crispy.

Heat a pan on low heat with a little bit of oil. Stir in the onion, beetroot, honey, thyme leaves of 2 sprigs and salt. Cover and cook for 10 minutes, stirring occasionally. Remove the lid and add the balsamic vinegar and cook for a further 10-15 minutes or until the onions and beetroot is soft and the mixture is thick. Set aside. Spread the bases with tomato paste. Scatter the onion and beetroot mixture over each pizza, add the zucchini slices, kale, ricotta, pine nuts and extra thyme leaves. Bake in the oven for 20 minutes or until the ricotta is starting to brown. Serve half a pizza with the green salad.