



Cauliflower Crust Pizza

with Mushrooms & Fresh Basil



30-40min



2 Servings

Cauliflower crust pizza might be the best food innovation of this decade! Our version is low cal and carb and has no added gluten, but most importantly, it's delicious! Riced cauliflower, mozzarella, Parmesan, eggs, and Italian seasoning come together to create the dough. After it crisps in the oven, we top it with marinara, mozzarella, and mushrooms. The result is a cheesy pizza packed with veggies, and we are here for it!

What we send

- 12 oz cauliflower rice
- 2 oz button mushrooms
- 2 (3¾ oz) mozzarella ⁷
- ¾ oz Parmesan ⁷
- ¼ oz Italian seasoning
- 8 oz can marinara
- ¼ oz fresh basil

What you need

- olive oil
- 1 large egg ³
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- microwave
- box grater or microplane

Cooking tip

Squeeze, squeeze, squeeze! The trick to a crisp cauliflower pizza crust is squeezing out as much excess liquid as possible in step 2.

Allergens

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 470kcal, Fat 30g, Carbs 23g, Proteins 36g



1. Prep ingredients

Preheat oven to 400°F with a rack in the lower third. Line a rimmed baking sheet with parchment paper and grease with **oil** (do not use foil, the crust will stick). Transfer **cauliflower rice** to a medium microwave-safe bowl. Microwave on high until warmed through, 3-4 minutes. Thinly slice **mushrooms**. Coarsely grate **all of the mozzarella**. Finely grate **Parmesan**.



2. Squeeze cauliflower

Transfer **cauliflower rice** to a clean kitchen towel. Pull up sides of towel and wring out as much excess liquid as possible. Return dried cauliflower same bowl (cauliflower will appear crumbly and resemble mashed potatoes).



3. Make & form crust

To bowl with **cauliflower**, add **Parmesan**, **half of the mozzarella**, **2 teaspoons Italian seasoning**, **1 large egg**, **½ teaspoon salt**, and **a few grinds of pepper**. Use a fork (or your hands!) to combine. Transfer **dough** to prepared baking sheet. Use your hands to gently press dough into an 11-12-inch crust (crust should be very thin).



4. Bake cauliflower crust

Bake **cauliflower crust** on lower oven rack until deep golden brown and crisp around the edges, about 25 minutes.



5. Add toppings

Top **cauliflower crust** with enough **marinara sauce** to form a thin layer (save remaining for own use). Sprinkle with **remaining mozzarella**, layer **mushrooms** on top, and drizzle with **a little olive oil**.



6. Finish & serve

Bake **cauliflower pizza** on lower oven rack until **cheese** is melted and starting to bubble, 5-10 minutes. Tear **some of the basil leaves** over top, as desired. Enjoy!