

Super spicy vegetarian pizza



A healthy vegetarian pizza drizzled with rapeseed oil and chilli for a fiery Welsh dragon kick!

Serves 4 | Prep 1 hour | Cook 20 minutes




Ingredients

500g strong flour
1 tsp salt
7g sachet dried yeast
2 tbsp rapeseed oil
1 tsp honey
300ml warm water
400g tin chopped tomatoes
100g fresh spinach
125g mozzarella, torn into pieces
4 eggs
Rapeseed oil with chilli for drizzling

Method

- 01** Make the pizza dough. Mix the flour, salt and yeast in a large mixing bowl.
- 02** Stir in the oil and honey and add about 300ml of warm water to make a stiff dough.
- 03** Knead for 10 minutes. Transfer to a clean bowl, cover with a damp tea towel and leave to rise in a warm place until the dough is doubled in size.
- 04** Place the tomatoes in a pan over a medium heat. Add a pinch of salt and cook until thickened and reduced.
- 05** Place the spinach in a colander over a sink and pour over boiling water. Leave the spinach until cool enough to handle and squeeze out any excess liquid.
- 06** Heat the oven to its highest setting.
- 07** Divide the dough into 4 balls. Roll each ball out into thin circular bases. Place on 4 baking sheets.
- 08** Spread each pizza base with the tomato sauce.
- 09** Scatter over the spinach and mozzarella and bake for 8 minutes each. Remove from the oven and crack an egg in the centre of each pizza. Cook for 2-3 minutes until the egg is just set.
- 10** Drizzle with chilli rapeseed oil and serve.

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