



# EGGPLANT PIZZA

By **Michell Nguyen**



Eggplant pizza is a great way to replace the base (which would typically be made up of a complex carbohydrate), with a vegetable. You can also use sweet potato, portobello mushrooms or zucchini as a base. Eggplant can get quite soft in texture and so you have the option of crumbing it first. Alternatives other than a white bread crumb are; polenta, semolina flour, or you can make your own by blending up the unwanted ends of a wholegrain loaf and toasting it in the oven.

## Ingredients

- ▶ Eggplant cut into slices
- ▶ Pizza sauce
- ▶ Toppings of choice (e.g. *mushrooms, capsicum, onion, tomato, pepperoni, bacon, chicken, spinach, rocket, basil, olives, prawns, garlic, etc.*)
- ▶ Cheese
- ▶ Italian herbs

## Method

1. Preheat the oven to 180° C
- 2a. If you are not crumbing your eggplant, you have the option of grilling it first

2b. If you are crumbing the eggplant, you can use a mixture of a whole grain flour with water to coat the eggplant, followed by the crumb. Other binding options are milk or egg. Your next step is to either fry or place the eggplant in the oven for 20 minutes to get a crispy coating

3. Layer the pizza sauce onto each slice of eggplant

4. Place toppings on each slice of eggplant, followed by the cheese. Sprinkle some italian herbs on top

5. Place eggplant pizza slices in the oven on a baking paper lined tray for a further 20-25 minutes

## Flavour combination ideas

- Mushroom, capsicum and cheese
- Prosciutto, rocket and bocconcini
- Pepperoni and cheese
- Pumpkin and fetta
- Chicken and mushroom
- Bacon and broccoli