

Flatbread Pizza

9 ingredients · 1 hour · 2 servings



Directions

1. Peel and cube the sweet potato, and steam for 10 minutes or until soft. Meanwhile, pop the oven on to heat at 180 degrees, and prep your toppings of choice.
2. When the sweet potato is soft, mash it thoroughly. While it is still warm transfer 1 cup to a large mixing bowl, add the flour and stir with a wooden spoon until combined and it forms a ball. Set aside to cool a little.
3. Soften the butter and mix with the finely grated garlic.
4. Divide the dough into 4 and roll out into circles about 3mm thick. This can be done with the dough between 2 pieces of parchment paper to save making a mess with flour. Warm a large frying pan on a medium high heat.
5. Pop the pizza bases into the large frying pan for approximately 1 minute per side to seal the dough. Then lay out on a large baking tray/pizza trays.
6. On 2 of the pizza bases spread the tomato puree, scatter over the cheese and add toppings of your choice. On the other 2 spread the garlic butter. Pop them in the oven for around 10-15 minutes until lightly coloured on top.
7. Serve a pizza and garlic bread each with a scattering of basil leaves, a handful of rocket and drizzle of extra virgin olive oil.

Ingredients

- 1 Sweet Potato (large)
- 1 cup Spelt Flour (wholemeal, or flour of your choice)
- 2 tbsps Tomato Puree
- 60 grams Mozzarella (or cheese of your choice)
- 1 tbsp Butter
- 1 Garlic Clove (finely grated)
- 1 tbsp Basil Leaves (finely sliced)
- 2 Rocket (handfuls)
- 1 tbsp Extra Virgin Olive Oil

Notes

Toppings

Before putting the pizzas in the oven add toppings of your choice. For example nduja sausage and peppers, or mixed vegetables. Be careful not to overload the pizzas to maintain structural integrity.

Alternatives

Leave the pizza plain to cook, then top with fresh ingredients like figs and prosciutto, along with the rocket and oil.

More Flavor

Add minced garlic and Italian seasoning to the tomato puree.