

Taste the Hills



Recipes and Tips

Courgette Pizza Crust

Serves 4-6

Preheat the oven to 175° C

525g grated courgette (grate it coarsely)

3 eggs, beaten

40g flour

112g grated mozzarella

45g grated parmesan

1 tbs fresh basil or ½ tsp dried

Salt

Pepper

Salt the courgette lightly and let it sit for 15 minutes. Squeeze out all the excess moisture.

Combine all crust ingredients and spread into an oiled 33 X 23cm (9 X 13 inch) baking pan. Bake 20-25 minutes – until the surface is dry and firm. Brush the top with oil and grill it, under moderate heat for 5 minutes.

Pile all of your favourite pizza toppings on and heat the pizza in the 175° C for about 25 minutes.

Serve hot, cut into squares.

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