



Zoodle pizza bake

Miss pizza? This will help - delicious pizza-like dish that is awesome with greens on the side. Serves 4.
Per serve: Cal: 329; Protein: 24.2g; Fat: 21.9g; Carbs: 7.0g

Serves: 4, Prep time: 00:15, Cook time: 00:45

Instructions

Preheat oven to 200 degrees C. Use small amount of olive oil or coconut oil to grease a rectangular lasagne dish.

Using a vegetable spiralizer, julienne cutter, or peeler, cut courgette into long, thin noodles (zoodles). Place in a colander and sprinkle with salt; toss gently. Let stand 15 minutes. Pat dry with paper towels.

In a large bowl combine eggs, 1/2 cup of the mozzarella cheese, the parmesan cheese and almond flour. Stir in zoodles. Transfer to prepared dish. Bake 10 minutes or until set and no excess liquid remains.

Spread with pizza sauce. Top with basil leaves, remaining 1 1/2 cups mozzarella cheese and mushrooms pepperoni. Bake 15 to 20 minutes more or until cheese is light brown.

(Mutti is a brand of pizza sauce, you could also use canned, diced tomatoes with herbs added, or passata sauce).

Ingredients

- 3 Courgette
- 1 teaspoon Salt, Himalayan
- 2 Eggs
- 2 cups Cheese, Mozzarella
- 0.25 cups Parmesan cheese
- 0.25 cups Almond meal
- 1 cups Mutti pizza sauce
- 4 tablespoon Fresh basil
- 1 cups Mushroom