

cheap & easy veggie pizza

prep time	cook time	serves	category
15 min	25 min	makes 5 pizzas	G free option; V; Vg option; Meat option



This quick, budget version of classic spinach and egg 'florentine' pizza uses flatbreads instead of traditional dough. Add pepperoni or salami, instead of the egg, if you prefer for a non-vegetarian version.

things you need

200g carton [passata](#) (tomato puree)
Pack of 5 large Middle Eastern [flatbreads](#)
½ of 750g bag [frozen spinach](#), defrosted
1 clove [garlic](#), chopped
5 medium [eggs](#)

3 balls fresh [mozzarella](#) (cheese), patted dry and torn into pieces
5 medium [eggs](#)
Freshly grated [nutmeg](#), or nutmeg powder
Small bunch [fresh basil](#)
Shaved/grated [Parmesan](#) (cheese)
Optional: salami; pepperoni

here's how

- 1 Heat the oven to 230 celsius/gas mark 8. Spread 1-2 tbsp of passata over each flatbread. Squeeze as much water as you can from the spinach (this will prevent your pizzas from being soggy), then scatter on top, leaving a gap in the centre. Divide the garlic and mozzarella between the pizza.
- 2 You will probably only be able to bake 2 pizzas at a time, so put 2 on a baking tray, carefully crack an egg into the middle of each, and season with nutmeg and some of the basil. Bake for 7 mins until the cheese has melted and the egg is cooked to your liking.
- 3 Repeat with the remaining pizzas and ingredients. Serve garnished with a little more basil and some Parmesan. Cut into slices and share between everyone.

helpful notes

- If you wish a vegan option, do not use the eggs (can substitute sliced mushrooms or other quick-cooking sliced veggies)
- If you wish a vegan option or you do not eat dairy products - substitute vegetarian cheese alternatives
- If you wish a gluten-free option, use gluten-free flatbread
- If you wish to make less or more, adjust the ingredients based on this recipe which is enough for 5 individual flatbread pizzas.