

St. Patrick's Day Pizza (Serves 1-2)

Ingredients

100g of asparagus tips

100g courgette

3 cloves of garlic, crushed

1 Juvela Low Protein Pizza Base

1 ½ tablespoons of olive oil

Oven temperature: 200°C/400°F/Gas Mark 6

Method

1. Cook the asparagus tips in boiling salted water for 4 minutes.
2. Place 1 tablespoon of oil into a small bowl, and beat together with 2 crushed garlic cloves until softened, spread the oil mixture over the pizza base(s) almost to the edges.
3. Arrange the courgette slices in a ring, around the edge of the pizza base.
4. Cut the asparagus tips to fit within the courgette ring and arrange on the pizza base with the tips to the centre.
5. Thinly slice the cut pieces of the asparagus stalks and use to fill the gaps between the asparagus tips.
6. Mix the remaining oil (½ tablespoon) and remaining clove of garlic.
7. Brush this mixture evenly over the courgettes and asparagus and place the pizza on a baking tray.
8. Bake in a preheated oven for 12-15 minutes, until the edges of the pizza bases are lightly browned.