

## TASTE WITHOUT WASTE

### **Pumpkin, Zucchini, Sundried Tomato, Spinach, Ricotta & Bocconcini**

#### **Pizza**

Makes 2 pizzas – serves 4 people.

#### **Ingredients**

##### *Pizza Dough*

125g strong bakers flour

125g whole-wheat flour

½ tsp dried instant yeast

¾ tsp sea salt

1 ½ tsp olive oil

150ml warm water

Extra flour for rolling

##### *Tomato Sauce*

600g tomatoes (the older, the better), cut into 1cm chunks

2 tsp brown sugar

1 tsp dried oregano

1 tsp garlic powder

1 tbsp tomato paste

Salt and pepper to taste

#### **Pizza**

½ butternut pumpkin, peeled, deseeded & cut into 1x2x3cm pieces

2 tbsp olive oil

4 sprigs thyme

150g smooth ricotta cheese, drained and seasoned with salt and pepper

3 large handfuls of baby spinach, wilted

1 large zucchini, thinly sliced/peeled lengthwise

150g sundried tomatoes, drained

200g bocconcini cheese, halved

Sea salt and freshly ground black pepper

Handful basil leaves

#### **Method**

##### *Pizza Dough*

Whisk together the flours, yeast and salt in a large bowl until well combined.

Combine the olive oil and warm water in a small jug then tip into the flour mixture. Use a fork or butter knife to mix the liquids into the dry. Flour your hands lightly and tip the dough onto a floured surface. Knead for about five minutes or until the dough has come together and forms a smooth ball. Don't be tempted to add more flour – it should be quite a sticky dough.

Transfer dough to a lightly oiled bowl and cover with a tea towel. Place in a warm spot for about 90 minutes or until doubled in size.

Knock the dough back by punching/poking it with your hands and leave it to rest for a few moments. Cut in half and roll out each piece as thinly as possible, each on a separate piece of baking paper.

### **Tomato Sauce**

Place the tomatoes, oregano, garlic powder and tomato paste in a small saucepan and bring to the boil. Reduce to a simmer and cook for approximately 45 minutes or until the tomatoes have broken down and the mixture has reduced. Taste and season accordingly.

### **Pizza**

Preheat the oven to 220C. Line a baking tray with baking paper. Toss the pumpkin with the olive oil in a bowl and transfer to the prepared tray. Scatter with the thyme sprigs and bake for 30-40 minutes or until just soft. Remove and leave to cool slightly.

While the pumpkin is cooling slide another two baking trays, into the oven to heat up.

Smear half of the tomato sauce on each pizza base and dollop spoonfuls of the ricotta cheese over the top. Scatter over the wilted spinach, followed by the zucchini strips, then the sundried tomatoes, roasted pumpkin and bocconcini cheese.

Slide the pizza bases (still on the baking paper) onto each tray and bake for 12 minutes or until the cheese is beginning to melt and the edges of the pizza base are just crispy.

Season with salt and pepper and sprinkle with basil leaves.

**Source: *A tastewithoutwaste original.***

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