



Spicy prawn pizzas

READY IN



28 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g pack bread mix white
- ☐ 2 tbsp olive oil extra-virgin plus a bit extra
- ☐ 150 ml warm water
- ☐ 200 g plum tomatoes chopped canned
- ☐ 1 tbsp tomato purée
- ☐ 1 garlic clove crushed
- ☐ 1 pinch sugar (caster or granulated)
- ☐ 3 tbsp mascarpone cheese
- ☐ 20 g parmesan finely grated

- ☐ 10 cherry tomatoes halved
- ☐ 12 large prawns raw frozen dry deveined fine (and defrosted is) (see tip, below)
- ☐ 2 rosemary sprigs roughly chopped
- ☐ 1 pinch chilli flakes generous
- ☐ 1 handful olives green pitted halved (or use capers)
- ☐ 1 small drizzle olive oil extra-virgin

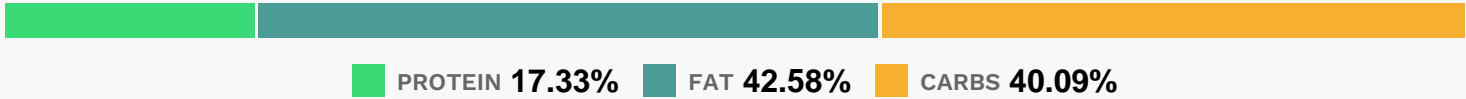
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Make the dough the day before.
- ☐ Put the bread mix in a large bowl.
- ☐ Combine the oil with the warm water in a jug, then tip onto the mix. Stir to a soft dough and set aside for 5 mins.
- ☐ Flour the work surface and your hands well, then knead the dough for 5 mins until springy and smooth. Squish some oil around in a large food bag, then pop in the dough and tie the top, leaving the dough room to grow. Leave to rise in the fridge.
- ☐ To make the sauce, simply stir the ingredients together. When ready to cook, heat the oven as high as it will go. Dust a large baking sheet and the work surface with a little flour. Split the dough into 2 equal pieces. (Do not knead it or it will become too springy.)
- ☐ Roll the dough into large slipper shapes, about 30cm long. Lift onto the baking sheet.
- ☐ Spread the sauce over the pizzas, then scatter with small dollops of mascarpone, the Parmesan, cherry tomatoes, prawns, rosemary, chilli flakes, olives and plenty of seasoning.
- ☐ Drizzle with a little oil.
- ☐ Bake the pizzas for 10–13 mins until the base is crisp and golden, the prawns cooked through and the cheese bubbling.
- ☐ Transfer to a board and serve straight away.

Nutrition Facts



Properties

Glycemic Index:77.47, Glycemic Load:22.73, Inflammation Score:-7, Nutrition Score:13.520434604391%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 356.3kcal (17.82%), Fat: 16.94g (26.06%), Saturated Fat: 5.64g (35.27%), Carbohydrates: 35.88g (11.96%), Net Carbohydrates: 33.26g (12.09%), Sugar: 6.23g (6.92%), Cholesterol: 62.95mg (20.98%), Sodium: 508.99mg (22.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.51g (31.03%), Manganese: 0.5mg (25.16%), Calcium: 242.3mg (24.23%), Vitamin B1: 0.36mg (23.77%), Selenium: 16.03µg (22.89%), Vitamin C: 17.23mg (20.88%), Folate: 83.52µg (20.88%), Phosphorus: 196.48mg (19.65%), Vitamin B3: 3.59mg (17.95%), Vitamin A: 870.59IU (17.41%), Iron: 2.89mg (16.05%), Copper: 0.28mg (14.2%), Vitamin E: 1.98mg (13.2%), Vitamin B2: 0.19mg (11.2%), Potassium: 391.79mg (11.19%), Fiber: 2.62g (10.49%), Magnesium: 41.08mg (10.27%), Vitamin K: 9.96µg (9.49%), Zinc: 1.27mg (8.44%), Vitamin B6: 0.15mg (7.65%), Vitamin B5: 0.48mg (4.8%)