
Spiralized Sweet Potato Pizza

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

- 1 medium sweet potato
- 1/4 tsp garlic powder
- pinch salt and pepper
- 1 egg, lightly beaten.
- olive oil
- 1/2 cup pizza sauce
- 1/2 cup shredded mozzarella cheese
- toppings: olives, fried onions, pepperoni

Instructions:

Wash and peel the sweet potato. Slice off the ends and attach to the spiralizer. Use the noodles blade and spiralize the sweet potato.

Heat a medium frying pan with a little of olive oil over medium heat. Add the spiraled sweet potato, sprinkle on the garlic powder, salt and pepper. Toss the noodles until cooked through about 5-7 minutes. Transfer to a bowl and let cool.

In the meantime prepare 2 ramekins (you may need 3 depending on their size) by placing a large piece of plastic wrap inside large enough to overhang the edge of the ramekin.

Once the sweet potato is cool, mix in the egg. Divide the mix equally among the ramekins and close up the plastic wrap around the mix. Place a jar or can on top of the sweet potato mix to compress it, and keep in the fridge for an hour or when ready to fry.

Preheat your oven to 375F or 180C and prepare a small baking tray.

Heat a medium frying pan with a little olive oil. Remove the sweet potato pizza from the plastic wrap and fry until brown before turning to fry the other side, about 3-4 minutes each side.

Transfer to a baking tray and add your pizza sauce and mozzarella cheese and any desired toppings. Place in the oven until the cheese is melted. Enjoy with a side of greens. I love it with rocket.