



Chickpea & Huel Vegan Pizza - Easy for the family



Ingredients - makes two medium size pizzas:

- 1 cup warm water
- 2¼ tsp yeast
- 2 tsp sugar (coconut sugar or raw sugar)
- 2+ cup unbleached white flour or bread flour
- 1 cup unflavoured Huel
- 2 to 3 tsp olive oil
- 1 tsp salt



For the tomato sauce:

- 1 cup of chopped tomatoes (freshly peeled or canned)
- 4 garlic cloves, roughly chopped
- ½ tsp sugar (coconut sugar or raw sugar)
- Handful fresh basil (or ½ tsp dried)
- Handful fresh oregano (or ½ tsp dried)
- Pinch of salt and pepper



For the toppings:

- 1 onion thinly sliced (white or red)
- 1 cup of chickpeas
- 200g of vegan cheese of your choice - grated





Directions

Place the tomatoes, garlic, sugar, herbs, salt and pepper in a sauce pan, bring to boil, reduce the heat and cook uncovered, until the amount of liquid in the pan has reduced and the sauce thickens. When ready, put aside and let it cool down.

Place the water, yeast, sugar and 1 cup of flour in a bowl. Mix until smooth, cover with a tea towel and leave it to prove for 30 minutes to an hour. Mix the salt into the remaining flour. Add Huel powder and 0.5 cup of flour to the bowl and mix into the batter until well combined.

Add small amounts of flour until the dough is not sticky and well formed. Get your hand in there to mix. Gather the dough into a smooth dough and knead for another minute. Add 2 to 3 tsp olive oil or other oil and mix in. Divide the dough into 2 balls.

Turn the oven to 425 degrees F/ 220 degrees Celsius.

Use flour to roll out the dough and fit to oiled pizza tin. Spray water on the shaped dough and let it sit near the warming oven for 5 to 10 minutes. Top with sauce, chickpeas and cheese.

Bake for 14 to 16 minutes. Broil for a minute to brown if needed.



Bon Appétit from the SA_LiveFolk family

