
Kale and Onion Pizza

Recipe source: modified from - River Cottage, Veg Everyday p186, Hugh Fearnley-Whittingstall

Fresh from the garden Cavolo Nero (tuscan kale), garlic, onion

Makes 2x 30 cm pizzas

<u>Equipment</u>	<u>Ingredients</u>
Colander	1 quantity pizza dough (see SAKGP pizza dough recipe)
Large bowls	300g Cavolo Nero (Tuscan Kale)
Tea towels	1 onion halved and finely sliced
4 Chopping boards	2 cloves garlic, chopped finely
Knives	chives
Measuring spoons	3 tblsp extra virgin olive oil
Measuring cups	100g grated Cheddar/tasty cheese
Grater	Salt
Frypan	Pepper
Wooden spoons, Spatula, Large spoons	
Baking/pizza trays Baking paper	

What to do

Prepare the pizza dough and leave to rise according to recipe. (see SAKGP pizza dough recipe)

Preheat oven to 250 C or at least 220C put the baking trays in to heat up.

For the topping

Wash Cavolo Nero, drain and dry well with tea towel.

Remove stalks from Cavolo Nero, put leaves together, roll up and shred into ½ - 1cm ribbons.

Cut onion in half length-wise and thinly slice.

Peel garlic and chop finely or grate.

Heat the oil in the frypan over medium heat, add the onions. Once sizzling, reduce the heat to low. Add the garlic after 5 mins. Cook stirring from time to time, until soft and golden. (10-15 mins)

Stir the Cavolo Nero into the onions and garlic and cook for a further 5 minutes, stirring often, until the leaves have wilted. Season with salt and pepper.

Grate the cheddar/tasty cheese.

Put pizza tray or baking tray in oven to heat.

Prepare pizza dough as per recipe. Roll out and place on baking paper.

Scatter the baking paper with a little flour and place the dough base on it.
Spread half of the kale and onions on the pizza base, then top with half of the
grated cheese.

Take the hot tray from the oven. Transfer the baking paper onto the tray and
return to the oven. Bake for 10-12 minutes.

Cut into wedges and serve. ENJOY!