

Avocado Pizza

Fresh avocado pizza with chickpeas and mozzarella. A healthy vegetarian recipe that's crispy, delicious and ready in just 40 minutes!

10 min

PREP

30 min

COOK

40 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 1 avocado
- 1 cup boiled chickpea
- 4 clove garlic
- 1 tsp oregano
- 1 tsp black pepper
- 1 tsp salt
- 1 tbsp olive oil
- 1 cup mozzarella cheese

Instructions

1 Prepare the oven

Preheat your oven to 230°C (450°F). Place a pizza stone on the bottom rack if you have one, or position a regular baking sheet in the center of the oven.

2 Make the chickpea topping

Heat 1 tablespoon olive oil in a large skillet over medium heat. Add 4 cloves minced garlic and cook until fragrant, about 30 seconds.

- ### 3
- Add 1 cup drained chickpeas, 1 teaspoon each of your chosen spices, and season with salt and pepper. Cook for 12-15 minutes, stirring occasionally, until chickpeas are golden brown and slightly crispy on the outside.

4 Prepare the pizza base

Roll out 1 pizza dough on a lightly floured surface to your desired thickness. Transfer to a baking sheet or pizza pan and brush edges lightly with olive oil.

- 5 Pre-bake the dough for 5-7 minutes until the surface is set but not fully cooked - it should still be pale and slightly soft to the touch.
- 6 **Assemble the pizza**

Remove the partially baked crust from the oven and evenly spread the cooked chickpea mixture over the surface, leaving a 1-inch border around the edges.
- 7 Sprinkle 1 cup shredded cheese evenly over the chickpeas, ensuring good coverage but not overloading any one area.
- 8 **Final bake**

Bake the pizza for 10-12 minutes until the crust is golden brown around the edges and the cheese is melted and bubbling. The bottom should sound hollow when tapped.
- 9 **Add fresh toppings**

While the pizza bakes, slice 1 ripe avocado into thin, even slices about 1/4-inch thick.
- 10 Remove the pizza from the oven and immediately arrange the avocado slices evenly over the hot surface. Let cool for 2-3 minutes, then slice and serve while the crust is still crispy.

Tips

Choose avocados that are ripe but still firm to the touch - they should yield slightly to pressure but not be mushy. This ensures they hold their shape during slicing and don't become watery on the pizza.

Pre-bake your pizza dough for 5-7 minutes before adding toppings to ensure a crispy bottom crust that won't become soggy from the toppings.

Drain and pat chickpeas completely dry before seasoning and cooking to achieve the best browning and prevent excess moisture on your pizza.

Slice avocados just before serving and brush with a little lemon juice to prevent browning and add a bright, fresh flavor that complements the rich avocado.

Use a pizza stone or heavy baking sheet placed on the bottom oven rack for the crispiest crust possible. Preheat it along with your oven for best results.

Don't overload the pizza with toppings - a light hand ensures even cooking and prevents the crust from becoming soggy or the toppings from sliding off.

For extra flavor depth, try roasting the garlic cloves whole until caramelized, then mash them into the chickpea mixture for a sweeter, more complex taste.

Finish the pizza with a drizzle of good quality extra virgin olive oil and a sprinkle of red pepper flakes for added richness and a gentle heat that enhances all the other flavors.

