

Avokadolu Pizza

Fresh avocado pizza with chickpeas and mozzarella. Healthy vegetarian recipe ready in 40 minutes. Perfect for a nutritious dinner option.

10

HAZIRLIK DK

30

PIRME DK

40

TOPLAM DK

4

PORSIYON

Medium

ZORLUK

Avokadolu Pizza

Malzemeler

- 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

Yapılışı

- Prepare the oven**

Preheat your oven to 230°C (450°F) and place a pizza stone or baking sheet inside to heat up.
- Season the chickpeas**

Mince 4 cloves of garlic and combine in a bowl with 1 cup chickpeas, 1 tablespoon olive oil, 1 teaspoon salt, 1 teaspoon black pepper, and 1 teaspoon of your preferred spices.
- Heat the chickpeas**

Heat a large frying pan over medium heat and add the seasoned chickpea mixture. Cook for 12-15 minutes, stirring every 3-4 minutes, until the chickpeas are golden brown and slightly crispy on the outside.
- Prepare the pizza base**

On a floured surface, roll out your pizza dough into a 12-inch circle, about ¼ inch thick. Transfer carefully to a piece of parchment paper for easy handling.
- Assemble the pizza**

Slide the parchment paper with dough onto the hot pizza stone or baking sheet. Spread the cooked chickpeas evenly over the surface, leaving a 1-inch border for the crust.
- Sprinkle cheese**

Sprinkle 1 cup shredded mozzarella cheese evenly over the chickpeas.
- Slice avocado**

Slice 1 large ripe avocado into ¼-inch thick pieces and arrange the slices evenly across the pizza surface.
- Bake the pizza**

Bake for 10-12 minutes until the crust is golden brown around the edges and the cheese is fully melted and bubbling.

9 Remove from oven and let cool for 2-3 minutes to set. Cut into 8 slices and serve immediately while hot.

?puçlar?

Choose ripe but firm avocados that yield slightly to gentle pressure. Overripe avocados will become mushy during baking, while underripe ones lack the creamy texture that makes this pizza special.

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

Season the chickpeas generously and let them cook until golden and slightly crispy. This adds texture contrast and prevents them from becoming mushy on the pizza.

Slice avocados just before assembly and arrange them in a single layer. Overlapping slices can create uneven cooking and texture issues.

Use a pizza stone or preheat an inverted baking sheet in the oven for 30 minutes before baking to achieve a crispier crust bottom.

Don't overload the pizza with toppings. A light hand ensures even cooking and prevents the crust from becoming soggy.

Finish with a drizzle of good quality olive oil and a pinch of sea salt after baking to enhance all the flavors.

Let the pizza cool for 2-3 minutes before cutting to allow the cheese to set and prevent the toppings from sliding off.