

Tortilla Pizzas

Tortilla Pizza Bases

Ingredients

(makes 14 to 16 bases)

1 cup Masa Harina flour

2/3 cup warm water

Pinch salt

Method

1. Mix the Flour with the water and salt with your hand. Then roll into 20g size balls and use a tortilla press or the rolling pin method I mentioned above.
2. Fry each tortilla on both sides for 1 minute a side using a little sunflower oil to help them cook.

Coriander Pesto

To spread on the pizza bases (or you can use basil, watercress or rocket)

Ingredients

½ cup macadamia, pine nuts, cashews or pepitas

1 cup coriander

2 tsp nutritional yeast

1 tbsp lime juice

1/3 tsp salt

Method

Place everything in a food processor and pulse until fine and forms a pesto paste.

Or:

Sundried Tomato

to spread on the pizza base

Ingredients

3 sundried tomatoes

2 tomatoes roughly chopped

Salt and pepper to taste

Method

Cut the sundried tomatoes into small pieces and place with the tomatoes in a food processor. Add salt and pepper to taste. If too runny boil down in a frying pan or saucepan to make thicker.

Tofu or Jackfruit Chorizo

Ingredients

375g tofu crumbles or 1 can jackfruit
chopped up a little

1 tbsp fresh oregano leaves

1 bay leaf

1 tsp cumin

1½ tsp smoked paprika

1 clove garlic minced

1 small onion finely diced

1 splash olive oil

1½ tbsp apple cider vinegar

Method

1. Fry the onion, garlic, oregano, cumin and bay leaf in the splash of oil for a few minutes.
2. Add the tofu or jackfruit, smoked paprika and vinegar and cook for 10 minutes or until all of the apple cider vinegar has evaporated and the tofu browns a little.

Pea Guacamole or Regular Guacamole

<https://www.veets.com.au/blog/get-all-your-nutrients-plus-3-zinc-filled-recipes>

Garnish

Cherry tomatoes

Coriander sprigs

Could also use some vegan cheese (either fermented cashew cheese or another vegan cheese you like)

<https://www.veets.com.au/blog/how-fermented-cashew-cheese-has-changed-my-life>

To Assemble

1. Once the tortilla have been fried. Spread on the coriander pesto or sundried tomato paste, top on the chorizo and garnish with the sliced tomatoes, coriander and cheese if using.
2. Place in 180°C oven for 5 minutes then serve with the guacamole.



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