

Antipasto pizza

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Antipasto pizza

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(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
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Looking for healthy pizza toppings? Try this delicious antipasto recipe.

Ingredients (serves 2)

- 1 medium pizza base
- 1 cup roughly chopped [pumpkin](#)
- 4 baby beetroots, cut into quarters
- 4 tbsp tomato paste
- 1 cup rocket
- 1 tbsp pine nuts
- 2 tbsp reduced-fat goat's feta, crumbled

Method

Cook pumpkin and beetroots at 180 degrees in a pre-heated oven for about 10 minutes.

Use a ready-made pizza base and spread tomato paste over base.

Add rocket first, followed by pumpkin, beetroots, pine nuts and feta.

Cook at 180 degrees for about 15 minutes and serve immediately.

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