

Caramelised onion, thyme & feta pizza



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Preparation: about 20 minutes

Cooking: about 1 hour

Serves: 4–6

- 2 tbs olive oil
- 1 tbs butter
- 1 kg small brown onions, peeled and thinly sliced
- 2 garlic cloves, crushed
- 2 tsp caster sugar
- 2 tbs hot water
- 2 tbs small thyme sprigs
- 2 large pizza bases
- ¼ cup tomato paste
- 100g reduced fat feta cheese, crumbled
- ⅓ cup pitted Kalamata olives, halved lengthways
- salt and ground black pepper
- olive oil cooking spray

1. Preheat oven to 250°C. Heat oil and butter in a large heavy-based frying pan over medium heat. Add onions and garlic and cook, stirring often, for 15 minutes or until soft.
2. Stir sugar, hot water and thyme into onion mixture. Partially cover, reduce heat to low and cook, stirring often, for 30–40 minutes or until onion is caramelised and golden.
3. Evenly spread pizza bases with tomato paste. Top each with caramelised onions and sprinkle with feta, olives and thyme sprigs. Season with pepper. Spray pizzas with oil spray.
4. Place pizzas on baking trays. Bake for 12 minutes or until pizza bases are crisp and golden. Serve immediately.



Onions:

- Provide dietary fibre, which helps keep the intestine functioning well.
- Contain antioxidant compounds that add to the body's ability to defend itself against infection.
- Are a major source of flavonoids that can play a role in heart health.