

caramelised onion, feta & thyme pizza



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Ingredients:

- 2 tbs olive oil
- 1 tbs butter
- 1 kg small brown onions, thinly sliced
- 2 garlic cloves, crushed
- 2 tsp caster sugar
- 2 tbs hot water
- 2 tbs thyme leaves + 8 small thyme sprigs for topping
- 2 large pizza crusts
- 1/4 cup tomato paste
- 100g reduced fat feta cheese, crumbled
- 1/4 cup pitted kalamata olives, halved lengthways
- olive oil cooking spray

Health benefits of brown onions:

- Provide vitamin C (the anti-infective vitamin) and dietary fibre for a healthy intestine.
- A source of antioxidants which help protect us against damaging effects of free radicals produced in larger quantities as we age.

Method:

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, water and 2 tbs thyme leaves into onion mixture. Partially cover, reduce heat to medium-low and cook, stirring often, for 20–25 minutes or until onions are caramelised and golden.
3. Evenly spread pizza bases with tomato paste. Dividing ingredients, top 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.

Serves: 4–6

Preparation: 20 minutes

Cooking: 50–55 minutes