



Quick & Easy Vegan Pizza with Chanterelles

🕒 Preparation time: 15 minutes

👤 Portions: 2

🕒 Cooking time: 20 minutes

Total time: 35 minutes

Ingredients for one pizza (serves 2)

For the easy pizza dough

- 250 g (1.72 cups or 8.8 oz) (spelt-) flour + flour for work surface/dough kneading
- 2 tsp. baking powder
- A pinch of salt
- 180 ml (0.76 cups) water

For the pizza topping

- 220 - 250 g (7.7-8.8 oz) chanterelles
- 50-70 g (1.7 oz) onions
- 100 g (3.5 oz) smoked tofu
- 1 tbsp. vegetable oil
- Salt
- Pepper
- A handful of parsley
- 150 g (5.29 oz) cooked white Cannellini beans (1 can)
- 150 g (5.29 oz) silken tofu
- 15 g (0.5 oz) yeast flakes (3 tbsp.)
- 2 tsp. hot mustard
- 1 tbsp. lemon juice

Instructions (ca. 30-35 minutes)

1. Start with the preparation of the pizza topping. Wash the chanterelles well and cut away any bad spots. Peel and chop the onions. Dice 100 g smoked tofu.
2. Heat 1 tablespoon vegetable oil in a pan and sauté the onion briefly. Add the smoked tofu and the chanterelles, a pinch of salt and pepper and fry for about 5-8 minutes. Fold in a chopped handful of parsley. Then put the lightly fried chanterelles aside.
3. Rinse a can of Cannellini beans and put into a blender. Add 150 g silken tofu, 15 g yeast flakes, 2 teaspoons hot mustard, a dash of lemon juice and a good pinch of salt and pepper and mix the ingredients until creamy. In a bowl combine the beans-tofu-cream with the fried chanterelles. Hold some chanterelles back and add them separately to the pizza.
4. Preheat oven to 220°C (428°F) fan. Cover a baking tray with baking paper and let the baking tray get hot in the oven (so the pizza already gets on the hot baking tray and becomes especially crispy and tasty).
5. Mix all the ingredients for the dough and knead to a smooth dough on a floured work surface. Roll out the dough to a round shape and pour onto the hot baking tray.
6. Pre-bake pizza dough without topping at 220°C/428°F for about 10 minutes.
7. Remove hot dough from the oven (be careful not to burn yourself). Spread the pre-baked pizza dough with the chanterelle sauce and spread the remaining chanterelles over it.
8. Return the pizza to the oven and bake for another 10 - 12 minutes.
9. Enjoy your chanterelle pizza sprinkled with plenty of fresh parsley.