

Recipe Name: Egg And Spinach Breakfast Pizza Recipe

Diet Type:

Course: World Breakfast

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup All Purpose Flour (Maida)	3
• 1 cup Whole Wheat Flour	
• 1 tablespoon Active dry yeast	
• 1/2 cup Lukewarm Water	
• 1 teaspoon Sugar	
• 1 teaspoon Salt	
• 1 cup Mozzarella cheese - grated	
• 1 cup Spinach	
• 1/2 cup Cherry tomatoes - halved lengthwise	
• 1/2 cup Caramelized onions	
• 4 Whole Eggs	
• 1 teaspoon Red Chilli flakes	
• 1 teaspoon Dried oregano	

Preparation

- To begin making the Egg And Spinach Breakfast Pizza recipe, get prepped up with all the ingredients first.
- Start by adding yeast and sugar in a bowl and pour lukewarm water to let it sit for 5-10 minutes until the yeast starts bubbling.
- In another bowl, add all-purpose flour, wheat flour, salt and mix with your fingers, dig a well in its center and pour in the yeast mixture.
- Mix well.
- Knead in the same bowl for about 5-10 minutes.
- Clean thoroughly counter surface, dust with flour, transfer the dough to the counter and start kneading.
- Knead until smooth, soft and shiny dough.
- Place the dough in the bowl used for kneading, and cover it with a damp cloth.



- Set it aside for 1 to 1.
- 5 hours, for the dough to prove.
- After 1 to 1.
- 5 hours dough would have risen and it would be double the initial size.
- Cut onions in slices and fry it in oil until it caramelizes.
- Remove from pan and keep aside.
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- Preheat oven at 180-degree centigrade.
- Gently knead for another 2 minutes and pizza dough is ready to use.
- Make two equal portions of the dough.
- Take a portion and flatten the pizza base to the shape and size you wish.
- Using a fork prick holes on the base to allow it to bake uniform all over the dough.
- Apply olive oil on the baking tray.
- Place the flattened pizza crust on the baking tray.
- Sprinkle cheese, add spinach, and sprinkle caramelized onions, place cherry tomatoes, sprinkle red chili flakes, oregano.
- Finally, break eggs on the top.
- Bake in preheated oven for 30 to 35 minutes until fully cooked.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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