



Vegetarian Pizza Recipe





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Recipe Items:	1 Portion	5 Portions
PE Whole Wheat Bread (PE#21764)	#16 Scoop (60 gm)	300 gm (10.6 oz)
PE Spinach (PE#21743)	#20 Scoop (50 gm)	250 gm (8.8 oz)
PE Broccoli (PE#21732)	#20 Scoop (50 gm)	250 gm (8.8 oz)
Tomato/Pizza Sauce (smooth)	#20 Scoop (47 ml)	235 ml (8 fl oz)
Parmesan Cheese, fine ground	1 Tbsp (15 ml)	75 ml (2.6 fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.



2. Plate the #16 Scoop (60 gm) of whole wheat bread. With the back of the scoop, create a small depression or divot in the centre of the whole wheat bread (pizza base).



3. Place the #20 Scoop (47 ml) of tomato/pizza sauce on top of the bread. Spread evenly with a spoon or the back of the scoop.



4. Using a spoon, evenly cover the tomato/pizza sauce with small mounds of the #20 Scoop (50 gm) of spinach mousse.



5. Using a spoon, evenly cover the tomato/pizza sauce with small mounds of the #20 Scoop (50 gm) broccoli mousse.

If cold plating, make sure to spread out so the plate cover can fit tight.



6. Finish the pizza by evenly spreading the 1 Tbsp (15 ml) of fine ground parmesan cheese over the top.

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F

Options: alter vegetables as desired to create different combinations of pizza styles. For additional flavours and variety, add ground herbs.

Nutrition Facts Valeur nutritive

Per 1 plate (210g) / par 1 plate (210g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 240	
Fat / Lipides 10g	15%
Saturated / satures 2.5g	
+ Trans / trans 0g	13%
Cholesterol / Cholesterol 10mg	
Sodium / Sodium 640mg	27%
Carbohydrate / Glucides 25g	8%
Fibre / Fibres 4g	17%
Sugars / Sucres 6g	
Protein / Proteines 15g	
Vitamin A / Vitamine A	11%
Vitamin C / Vitamine C	25%
Calcium / Calcium	15%
Iron / Fer	20%



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