

## Mediterranean vegetable and macadamia pizza (GF)

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Looking for pizza toppings with a twist? Try this Mediterranean vegetable and macadamia pizza recipe.

Macadamias are one of the richest sources of heart-healthy monounsaturated fats and contain a low proportion of saturated fats, and they're packed with vitamins, minerals and antioxidants.

### Ingredients

Macadamia pesto

- 300 g semi-dried tomatoes
- 2 tbsp [macadamia](#) oil
- 1 ¼ cups unsalted macadamias
- 2 tsp chopped [rosemary](#)
- 1-2 tbsp of the semi-dried tomato oil

Pizza

- Gluten-free pizza base (8-11 inches)
- Macadamia oil for brushing

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- 2/3 cup macadamia [pesto](#)
- 2 large red capsicums, roasted, skin removed and cut into strips
- 1 large eggplant, trimmed, cut into 5mm-thick slices
- 2 [zucchini](#), trimmed, thinly sliced lengthways
- 180 g bocconcini
- ½ cup unsalted macadamias
- 80 g rocket leaves
- Pepper, for seasoning

### Method

To make the pesto: place the semi-dried tomatoes and macadamia oil in a blender and process until smooth. Add macadamias, chopped rosemary and semi-dried tomato oil – start with one tablespoon first then if still dry add one more.

Pulse until the macadamias are chopped roughly and a pesto consistency is achieved.

To assemble the pizza: preheat oven to 220°C fan-forced. Place pizza bases on baking trays. Spread a thin layer of pesto over each.

Preheat a chargrill on high heat. Lightly brush eggplant and zucchini with macadamia oil.

Cook for three to four minutes each side or until tender.

Top with grilled vegetables and capsicum.

Tear the bocconcini into small pieces and place on top of the vegetables.

Place the pizzas into the pre-heated oven and bake for seven to 10 minutes. Add the macadamias and cook for a further three to five minutes or until bases are crisp.

Top with rocket and season with pepper.

Recipe and images from [Australian Macadamias](#)

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