

Vegan Indian Pizza

Yield: 5 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/jackfruit-vegetable-indian-recipe>

Ingredients:

- 1 1/2 cups luke warm water
- 2 tablespoons extra virgin olive oil
- 3 cups strong white bread flour or Bread Flour of your Choice
- 7 grams active yeast Dried Fast
- 2 teaspoons ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon fenugreek Ground
- 2 teaspoons black onion seeds
- 1/2 teaspoon chilli powder
- 2 teaspoons sea salt
- 1 tablespoon olive oil
- 2 cups tomato passata
- 1 clove garlic
- 1 tablespoon onion granules
- 1 tablespoon Garam Masala
- 1/2 teaspoon chilli powder
- 1/2 teaspoon ground coriander
- 2 cans jackfruit water squeezed out, using a clean kitchen towel, video tutorial below
- 1 cup yoghurt Plant Based
- 1 teaspoon chilli powder
- 1 tablespoon Garam Masala
- 2 teaspoons ground turmeric
- 6 cloves garlic Minced
- 1 lemon
- 1/2 lemon
- chard Fresh, or Spinach Leaves
- cherry tomatoes
- fresh coriander

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 75 grams
3. Cholesterol: 5 milligrams
4. Fat: 12 grams
5. Fiber: 15 grams
6. Protein: 16 grams
7. SaturatedFat: 2 grams
8. Sodium: 1380 milligrams
9. Sugar: 8 grams

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