Pizza Rolls

A great way to include broccoli into a meal or snack! These pizza rolls look and taste great for even the fussiest eater to enjoy. The cheese hides the taste really well. Enjoy!

Recipe Summary

Preparation: 10 mins
Serves: 12 rolls

Main Tasks

- Greasing
- Kneading
- Grating
- Rolling
- Cutting

Allergy Info*

Dairy: Swap cheese for non-dairy alternatives.
Egg: No egg
Gluten: Check pizza dough, gluten free options are available.
Nut: No nuts

Vegan Option

Substitute the cheese with suitable alternatives.

Top Tip

Store in an airtight container in the fridge for up to 3 days or in the freezer in a zip top bag for up to 3 months
To reheat, microwave to 30 – 60 seconds or until warm.

Ingredients

- 450g / 15 oz. pizza dough (homemade or store bought)
- 1 cup broccoli crowns, finely chopped
- ¾ cup pizza sauce
- 2 cup s mozzarella cheese
- ¼ cup grated parmesan cheese

Remember

Be sure to grease you muffin pan well and roll the dough up fairly tightly around the filling for best results.

It's okay if they don't look perfect when they go in the pan as they will fill out!

Directions

Step 1: Preheat the oven to 200ºC / 400ºF in a greased muffin tin.
Step 2: Use your hands to stretch the dough into an 28x40 cm / 11"x16" rectangle on a piece of parchment paper.
Step 3: Spread pizza sauce over the dough to cover, then sprinkle on broccoli, mozzarella and parmesan evenly all over.
Step 4: Start rolling on one long side and roll keeping it tight.
Step 5: Cut into 12 slices with a serrated knife and place in the muffin tin and bake for 22 – 26 mins. until dough cooked and cheese melted and golden.
Step 6: Let it cool for 5 mins. to allow cheese to firm up and then transfer to a wire rack or serve.