

Nibbly Pig

Kale and Balsamic Onion Pizza

Ingredients (for 1 pizza topping)

5 kale leaves, rinsed

A dash of olive oil

½ onion, sliced

1 tablespoon balsamic vinegar

A few twigs of thyme, leaves removed and chopped

2 mushrooms, sliced

4-5 leaves of baby rainbow chard, stems sliced and leaves left whole

10g pine nuts

½ chilli, sliced

½ ball of mozzarella, sliced

For the dough and tomato sauce recipe see my [Perfect Pizza](#) article.

Method

Pre-heat the oven to 250°C.

Add the kale to a saucepan of boiling water for 3 minutes. Then remove and put them into a bowl of ice cold water to stop them cooking. Drain, dry well and put to one side.

Add dash of oil to a pan and then add the sliced onions, balsamic vinegar and thyme, stir and cook on a low heat for 10 minutes until they are really soft. Then throw in the mushrooms, stir and cook for a further 10 minutes.

Roll out your pizza base, add it onto a pizza tray and top with the tomato sauce.



The rest is easy – assemble your topping as you prefer. I added the kale first and topped each leaf with the mushroom and onion mix. Then scattered the pine nuts, chilli and chard. The final touch was the mozzarella which I evenly arranged and then it was ready for the oven.

