

## Polenta Pizza, Sprouting Broccoli & Mozzarella



**Serves 2**

**Prep 10 mins**

**Cooking 15 mins**

**Easy**

### Ingredients

400ml vegetable stock

100g polenta

4 tbsp grated Parmesan

2 tsp extra virgin olive oil

200g purple sprouting broccoli, ends trimmed

4 cherry tomatoes, halved

125g ball of low-fat mozzarella, cut into cubes

4 red peppers from a jar, halved or roast & peel the peppers yourself

### To make the roasted peppers:

Heat oven to 220C/ 200C Fan/ Gas 7. Cut the pepper into 4 wide squarish pieces. Line a dish with aluminium foil and rub with 2 tsp of olive oil and grill for 15 mins until charred and softened a bit. Cool, remove the charred skin and cut the flesh into strips

1. Heat the grill to its highest setting. In a medium saucepan, bring the stock to a boil, then slowly pour in the polenta, whisking constantly. Add some salt and 2 tbsp of the Parmesan. Continue to whisk until thick, about 3 mins.
2. Grease a large baking tray with 1 tsp of the oil, pour over the polenta and spread it out to a 30 cm circle - leave it to chill, uncovered, in the fridge for 30 mins.
3. Blanch the broccoli in boiling water for 2 mins. Rinse in cold water and drain well. If any stems are thick halve them lengthways. In a small bowl, mix the cherry tomatoes, peppers and remaining Parmesan. Pop under the grill for 3 - 4 mins or until golden at the edges and the cheese has melted.