High-Protein Pizza from the Air Fryer

Crispy, High-Protein Pizza from the Air Fryer with ORO di Parma Tomato Puree

Easy 3 Servings 33 min.



This protein pizza made in an air fryer features a light quark dough, aromatic tomato sauce made from ORO di Parma strained tomatoes, and a crispy crust. The small pizzas cook perfectly right in the air fryer and can be topped individually with salami or Parma ham and arugula.

Ingredients

For the dough:

500 g low-fat quark

150 g spelt flour

150 g wheat flour

1 packet baking powder (about 16 g)

1 tsp salt

A little flour for rolling out the dough

A little olive oil for brushing

For the tomato sauce:

200 g ORO di Parma strained tomatoes

1 tsp oregano

Salt to taste

Pepper to taste

For the topping:

100 g grated mozzarella

100 g mini mozzarella balls

Salami, as desired

Alternative after baking:

Parma ham, as desired

Fresh arugula, as desired

Step 1: Prepare the dough

In a large bowl, knead the low-fat quark, spelt flour, wheat flour, baking powder, and salt into a smooth and supple dough. Then divide the dough into six equal portions and shape them into balls.

Step 2: Shape and pre-bake pizza crusts

Roll out the dough balls on a floured work surface into round flatbreads. Lightly brush the top with olive oil. Pre-bake the flatbreads in the air fryer at 200 °C for about 8 minutes, until they are lightly golden brown.

Step 3: Make tomato sauce

Mix the ORO di Parma strained tomatoes with oregano, salt, and pepper. Spread the sauce evenly over the pre-baked crusts.

Step 4: Topping pizzas

Top the pizza crusts with grated mozzarella and mini mozzarella balls. Salami variation: Top with salami as desired. Prosciutto and arugula variation: Top with cheese only at first. Add the prosciutto and arugula after baking.

Step 5: Finish baking

Bake the topped pizzas in the air fryer again at 200 °C for about 5 minutes, until the cheese is melted and lightly browned.

Step 6: Serving

Serve the salami pizzas right away. For the version with Parma ham and arugula, top the hot pizzas with Parma ham and fresh arugula right after baking and enjoy immediately.

Used products:



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