



Tomato, Balsamic Pickled Red Onion and Spicy Walnut Vegan Pizza Flatbread

There's something about the combination of the roasted, tomatoes, slightly crunchy pickled red onion, brininess of the olives, spicy roasted walnuts and peppery zest of the arugula that make this vegan pizza-flatbread mouth wateringly good.

Quick-Pickled Red Onion

1 red onion thinly sliced
½ cup apple cider vinegar
1½ tsp pickling salt
1 tsp sugar
¾ cup water

Balsamic Glaze

½ cup balsamic vinegar
1 tsp maple syrup or sugar of your choice

To make the flatbread

1 flatbread Make sure ingredients are vegan. Mine was 300g
2 tomatoes sliced. I used roma, but use whatever you prefer!
¼ cup quick-pickled onions
¼ cup kalamata olives pitted
1 large handful arugula
2 tbsp olive oil
1 clove minced garlic
salt & pepper to taste

INSTRUCTIONS

To make the quick-pickled onion

Add apple cider vinegar, water, salt and sugar to a mason jar. Add the lid, and shake until salt and sugar have dissolved.

Add sliced red onion to the jar and reapply the lid. Let sit at room temperature for at least one hour. These will last in the fridge for up to two weeks.

To make the balsamic glaze

Whisk together balsamic vinegar and sugar in a small pot over medium heat. Once the mixture has started simmering, reduce to low heat.

To make the spicy walnuts

Ingredients

1 large egg white
1 tablespoon water
1 package (16 ounces) walnut halves
2/3 cup sugar
2 teaspoons ground cinnamon
1 teaspoon salt
3/4 teaspoon ground ginger
3/4 teaspoon ground allspice
1/2 teaspoon ground coriander

Directions

Preheat oven to 275°. In a bowl, beat egg white and water until foamy. Add walnuts. In a large bowl, combine remaining ingredients. Add nut mixture; toss to coat.

Transfer to greased baking sheets. Bake until toasted and crisp, 45-50 minutes, stirring every 15 minutes. Cool on a wire rack. Store in an airtight container.

Let heat until the mixture has thickened to the point where a spatula can be run on the bottom of the pan through the mixture, and the mixture delays when moving back into the space the spatula was (about 5-10 minutes). Do not over-reduce, as mixture will thicken further when cooled.

To make the flatbread

Preheat oven to 425°F.

Combine olive oil and minced garlic in a small bowl, then brush on the top of the flatbread.

Add sliced tomatoes, kalamata olives, pickled red onion, salt and pepper. Bake for 5-10 minutes, until bottom is golden brown.

Add arugula and balsamic glaze. Serve and enjoy!

RECIPE NOTES

Feel free to alter ingredient amounts based on your personal preference! If you don't feel like making balsamic glaze, you can also buy premade glaze, or just drizzle on some balsamic vinegar before cooking. It won't taste quite the same, but will still be delicious!