

# CAULIFLOWER CHEESE



## QUICK

Not as quick as my usual recipes. This will take 20-25 mins prep time

## HEALTHY

Eating cruciferous vegetables like cauliflower, is associated with a lower risk of some cancers. It also contains lots of vitamins and minerals

## FAMILY

Makes 8 large portions

## MEALS

I serve this with a green salad but it can be eaten as a complete meal

## INGREDIENTS

- 1 head cauliflower
- 200g frozen peas
- 2 onions
- 200g mushrooms
- 3 garlic cloves
- 300g spinach
- 350g wholemeal pasta
- 1 tbs oil

### Cheese sauce

- 2 heaped tbs plain flour (100g)
- 2 tbs butter (140g)
- 800ml milk
- 300g grated cheese
- Salt and pepper

## METHOD

- 1) Cook the pasta according to instructions
- 2) Heat 1 tbs oil in a large frying pan
- 3) Dice onion and add to the pan. Add minced garlic
- 4) Chop the mushrooms and add. Repeat with spinach
- 5) When spinach reduced, remove from the heat.
- 6) Make the cheese sauce by adding flour, butter and milk to a pan and whisk. Keep whisking every minute or so till it thickens, then keep whisking till it's a good sauce! (this will avoid lumps)
- 7) Remove from the heat and add 200g cheese (saving 100g for the topping) and salt and pepper - Taste
- 8) Add the spinach mix. Stir well
- 9) Whilst sauce is being made, cook peas – I add them to the pasta pan
- 10) Chop your cauliflower into bite sized pieces and cook for 2 mins (I do it in the pasta saucepan)
- 11) Add the drained pasta, cauliflower & peas to the sauce. Mix
- 12) Pour into dishes and top with the rest of the cheese.
- 13) Cook for 20 mins - 180°C (Fan oven) till hot through and cheese is melted. Enjoy

