

# 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 5 large portions

## MEALS

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

## INGREDIENTS

- ½ head cauliflower
- 200g frozen peas
- 1 large onion
- 100g mushrooms
- 150g spinach
- 175g wholemeal pasta
- 1 tbs oil

### Cheese sauce

- 50g plain flour
- 70g butter
- 400ml milk
- 150g 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) In between whisking, chop cauliflower into bite sized pieces then cook for 2 mins in boiling water
- 8) Remove from the heat and add 2/3 cheese (saving 1/3 for the topping) and salt and pepper - Taste – add more till if needed.
- 9) Add the vegetable mix and stir well
- 10) Add the drained pasta & cauliflower to the sauce. Mix
- 11) Pour into dishes and top with the rest of the cheese.
- 12) Cook for 20 mins - 180°C (Fan oven) till hot through and cheese is melted. Enjoy

