

# CAULIFLOWER CHEESE



## QUICK

Not as quick as my usual recipes. This will take 25-30 mins prep time

## HEALTHY

Eating cruciferous vegetables like cauliflower, provides Glucosinolates – which may help block the growth of damaged cells

## FAMILY

Makes 6 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
- 1 tsp salt and 10 grinds fresh black pepper

## METHOD

- 1) Cook the pasta according to instructions – drain once cooked
- 2) Heat 1 tbs oil in a large frying pan
- 3) Dice onion and add to the pan.
- 4) Chop the mushrooms and add. Add spinach
- 5) When spinach reduced, add frozen peas – cook for 1 minute then remove from the heat.
- 6) Chop cauliflower into bite sized pieces then cook for 2 mins in boiling water
- 7) Make the cheese sauce by adding flour, butter and milk to a large saucepan. Heat up whilst whisking. Keep whisking till it thickens into a sauce! (this will avoid lumps)
- 8) Remove from the heat and add 2/3 cheese (saving 1/3 for the topping) and salt and pepper - Taste – add more if needed.
- 9) Add all the vegetables and the pasta to the cheese sauce and stir well
- 10) Pour into dishes and top with the rest of the cheese.
- 11) Cook for 20 mins - 180°C (Fan oven) till hot through and cheese is melted. Enjoy

