

Cauliflower Macaroni Cheese



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4-6 portions

INGREDIENTS

300g Cauliflower
150g Macaroni or Pasta

Cheese Sauce

500ml Milk
25g Butter or Margarine
25g Plain Flour
150g Grated Cheese
5g or ½ Vegetable Stock
Cube

Cheese Crumble

Topping

20g Butter or Margarine
45g Plain Flour
5g or ½ tsp Mixed Herbs
50g Grated Cheese

METHOD

Pre heat the oven to 220°C then bring a large pan of water to the boil.

Cut the cauliflower into small pieces. Add the pasta to the boiling water and boil for 4 minutes, then add the cauliflower and cook for another 6 minutes. Once cooked drain the liquid.

While the pasta and cauliflower is cooking make the cheese sauce and cheese crumble topping.

Cheese Sauce

Gently heat the milk.

In a separate pan melt the butter, then add the flour and stir on a low heat for 2-3 minutes until the mixture stops sticking to the side of the pan.

Add the milk slowly, stirring until the mixture begins to thicken. Allow to bubble for a few minutes.

Remove from the heat and add the grated cheese and stock cube. Stir well to dissolve the stock.

Cheese Crumble Topping

Rub together the butter and plain flour until it resembles breadcrumbs.

Mix in the herbs and grated cheese.

Tip the cooked pasta and cauliflower into the cheese sauce and mix well. Place in a ceramic dish and top with the cheese crumble topping.

Bake in the oven for 15 minutes until the top is crispy, then serve.