



CAULIFLOWER & MACARONI CHEESE – SERVES 8



Quick, simple and delicious, this recipe will satisfy any hungry family and also contains a healthy vegetable as a bonus!

INGREDIENTS

1 cauliflower (estimated 700g)
500g dried macaroni
250g mature cheddar cheese
2 cloves of garlic
170g wholemeal bread crumbs
A few sprigs of rosemary
250g crème fraiche
30g parmesan cheese

ALLERGENS

Contains dairy

DIETARY COMPONENTS

We only get one chance to build strong bones when we are children and teenagers. Children who get enough calcium start their adult lives with the strongest bones possible.

EQUIPMENT

Vegetable knife
Chef's knife
Chopping board
Weighing scales
Large saucepan and lid
Grater
Ladle
Measuring jug
Colander
Perforated Spoon
Garlic press
Mixing bowl

METHOD

1. Pre heat the oven to 220°C/425°F/Gas 7. Half fill the pan with water and bring to the boil.
2. Prepare the cauliflower- remove the stalk and outer leaves then break up into small florets.
3. Grate the cheddar cheese and place to one side.
4. Add the macaroni to the boiling water. Cook for 5 minutes then add the cauliflower and cook for a further 4 minutes. Remove from heat and drain through a colander into a bowl. Keep cooking water to one side for the sauce.
5. Make the bread crumb topping by combining the bread crumbs, finely chopped rosemary, crushed garlic and grated parmesan. Place to one side.
6. Carefully place the macaroni and pasta into the baking dish. Add 400ml of the cooking water, crème fraiche and grated cheese, using a spoon combine all the ingredients. Season to taste and adding more cooking liquid if required.
7. Level the mixture out and top with the breadcrumbs. Cook on the top shelf of the oven for 8-10 minutes or until the topping is golden brown. Remove and serve.