

# AFTERNOON TEA RECIPES

# BREAKFAST RECIPES



## Cauliflower & Broccoli Mac & Cheese

### Ingredients

- 350g wholemeal pasta (macaroni, spirals or penne)
- 1 head cauliflower florets
- 1 head broccoli florets
- 3 tbsp margarine
- ½ onion, finely diced
- ½ cup plain flour
- 4 cups reduced-fat milk
- 2 cups reduced-salt vegetable stock
- 3 cups reduced-fat tasty cheese, grated
- Olive oil spray
- 2 tbsp Parmesan cheese, grated
- 1/2 cup wholegrain or wholemeal breadcrumbs



### Method

- Pre-heat oven to 180oC. Cook the pasta according to the directions on pack and set aside.
- Bring another large pot of water to the boil and blanch the cauliflower and broccoli until tender. Drain and set aside.
- In a large fry pan, melt the margarine and add the onion and cook over a low heat for 2 minutes. Add the flour and cook until the flour is golden. Add the milk and the stock and whisk, raising the heat to medium-high until it boils. Cook for a further 5 minutes or until the sauce thickens. Season with a pinch of salt and pepper.
- Remove from the heat and add the tasty cheese. Mix well until melted. Add the cooked pasta, broccoli and cauliflower and mix well. Spray a baking dish with olive oil spray. Pour into your baking dish, top with Parmesan cheese and breadcrumbs. Spray with a little more olive oil spray.
- Bake for 15-20 minutes until golden.

<https://healthylunchbox.com.au/recipes/cauliflower-and-broccoli-mac-n-cheese/> accessed 9 July 2021

