

Easy cauliflower cheese



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Preparation: about 10 minutes

Cooking: about 10 minutes

Serves: 4–6 as a side dish

100g ricotta cheese, crumbled
1 cup grated reduced fat mozzarella cheese
100g pecorino or parmesan cheese, grated
½ medium cauliflower, trimmed and cut into medium florets*

2 tbs water

salt and ground black pepper

**about 600g trimmed cauliflower florets*

1. Combine ricotta, mozzarella and pecorino or parmesan cheese in a bowl. Set aside.
2. Place cauliflower in a single layer in a medium shallow microwave-safe dish. Pour over water and cover with plastic wrap. Microwave on high/100% power for 5–6 minutes or until just tender. Drain.
3. Preheat a grill on medium-high heat. Place hot cauliflower in a greased 4-cup shallow ovenproof baking dish. Season with salt and pepper to taste. Sprinkle evenly with cheese. Place under hot grill (with the top about 5cm from heat source) and grill for 4–5 minutes or until cheese melts. Serve immediately.



Cauliflower

- Cauliflower is an excellent source of vitamin C, with 100g supplying well over a full day's requirement of this important anti-infection vitamin.
- A good source of vitamin K, a vitamin involved in helping blood clot normally.
- Provides dietary fibre, including soluble fibre which can help increase 'good' bacteria in the large intestine.