

3 cheese cauliflower bake



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Preparation 10 mins | Cooking 10 mins | Serves 4 as a side dish

Olive oil cooking spray

½ medium cauliflower, trimmed and cut into medium florets*

salt and ground black pepper

100g ricotta cheese, crumbled

1 cup grated reduced fat mozzarella cheese

100g parmesan cheese, grated

**About 700g cauliflower florets*

STEP 1 Preheat a grill on medium-high heat. Grease a 6-cup shallow baking dish with oil spray.

STEP 2 Steam cauliflower in a steamer basket over a saucepan of simmering water for 4-5 minutes or until just tender. Alternatively, place cauliflower in a single layer in a medium shallow microwavesafe dish. Cover with plastic wrap. Microwave on high/100% power for 4-5 minutes or until just tender. Drain.

STEP 3 Place hot cauliflower into prepared dish. Season with salt and pepper to taste. Sprinkle evenly with ricotta, mozzarella and parmesan cheeses. Place under a hot grill (top about 5cm from heat source) and grill for 4-5 minutes or until top is golden.

Good for you... CAULIFLOWER

A source of dietary fibre which helps normal functions of the intestine to help keep us regular. A good source of vitamin K which is one of the many nutrients contributing to normal bone structure. An excellent source of vitamin C, with 100g supplying well over a full day's requirement. This vitamin contributes to the normal immune function.

