

SYDNEY MARKETS
Fresh for Kids

Cauliflower & broccoli gratin

Cauliflower & broccoli gratin

Preparation 20 mins | Cooking 30 mins | Serves 6

This delicious side dish is great for fussy veggie eaters!

- ½ medium cauliflower, cut into large florets*
- 400g broccoli, trimmed and cut into large florets
- 40g butter
- 2 tbs plain flour
- 500ml reduced fat milk
- 1 cup reduced fat grated tasty cheese
- 1½ cup coarse fresh breadcrumbs
- 1½ tbs olive oil

**You'll need about 500g cauliflower florets*

STEP 1 Preheat oven to 180°C/160°C fan-forced. Bring a large saucepan of boiling salted water to the boil over high heat. Add cauliflower and cook for 2 minutes. Add broccoli and cook for 2 minutes until almost tender. Drain well. Set vegetables aside. Wipe pan dry with paper towel.

STEP 2 Melt butter in the saucepan over medium heat until foaming. Stir in flour and cook for 1-2 minutes until thick. Remove from heat and gradually whisk in the milk. Bring to the boil, stirring constantly, over medium heat and simmer for 3 minutes. Remove from heat, stir in cheese and season with salt and pepper to taste.

STEP 3 Combine breadcrumbs and oil in a bowl and mix to coat crumbs. Arrange vegetables in a greased 6-cup baking dish. Pour over cheese sauce and sprinkle with breadcrumbs. Bake for 15-20 minutes until golden and bubbling. Stand for 5 minutes then serve.

SYDNEY MARKETS For more fresh fruit & veg recipes visit www.sydneymarkets.com.au

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited. WIN14