

Cooking at Home *with* City Catering

Cauliflower and Broccoli Cheese Bake

Prep time: 10 minutes / Cooking time: 1 hour

Serves
4

Ingredients

- 1 head of cauliflower
- 1 broccoli
- 100g of butter
- 100g of onion, diced
- 100g of flour
- 1 litre of milk
- 300g of cheese





METHOD

1. Preheat the oven at 180°C.
2. Using a small knife cut the cauliflower & broccoli into florets. SEE TIPS
3. Put a large pan of water to the boil. When the water starts boiling add the cauliflower florets and cook for 5 minutes. Then add the broccoli and cook for another 3 minutes.
4. Drain well and put in a greased large oven-proof tray.
5. To make the cheese sauce: Melt the butter in a medium-size saucepan, add the chopped onions and cook on low heat until the onions are soft (do not colour). Then add the flour stirring constantly and cook for approx. 2 minutes, not allowing the flour to stick or burn.
6. Start adding the milk, a little at a time, stirring constantly to get rid of any lumps. Make sure the flour has absorbed all the milk before you keep on adding more.
7. Keep on adding the milk until you have used it all up. You should now have a thick white sauce with no lumps.
8. Add 2/3 of the grated cheese to the sauce and stir until it's all melted. Cook on low heat for another 2 minutes stirring constantly to prevent sticking.
9. Pour the sauce over the cauliflower & broccoli and sprinkle the remaining grated cheese on top.
10. Cook in the oven for 30 to 35 minutes until bubbling and the cheese is golden brown.

TIPS

- ✓ You can mix in some leftover chopped chicken or ham with the cauliflower & broccoli if you feel like adding some extra protein.
- ✓ How to cut broccoli into florets: Hold the broccoli with the stem facing up on a chopping board. With a small sharp knife cut the florets from the crown, leaving as much of the stem as possible on the florets. Keep cutting until you have removed all the florets.
- ✓ Once you have finished preparing the cauliflower & broccoli make sure to keep the stems. Use them up in your vegetable soups or grate them into your tomato sauces to increase the veggie contents.