

Easy Cauliflower Cheese

A side with a roast, or a main on its own with some bacon on top.

Serves 4

Prep 10 min

Cook 25 min

9g
CARBS
PER SERVING

A quarter of the dish, as a side. Bacon on top adds nothing.

You'll need

- ☐ 1 large cauliflower (about 600g of florets)
- ☐ 100ml double cream
- ☐ 100g full-fat cream cheese
- ☐ 120g mature cheddar, grated
- ☐ 1 tsp English mustard
- ☐ Salt and pepper, to taste

Method

- 1** Turn the oven on to 200°C (180°C fan, gas 6). Put a large pan of salted water on to boil.
- 2** Boil the cauliflower florets for 5 minutes, then drain really well. Wet cauliflower makes a watery sauce.
- 3** In the same pan on a low heat, warm the cream, cream cheese, mustard and two thirds of the cheddar. Stir until smooth.
- 4** Tip the cauliflower into an ovenproof dish, pour the sauce over and sprinkle on the rest of the cheese.
- 5** Bake for 20 minutes until golden and bubbling.

TIP

You can make it up to step 4 the day before, cover it and keep it in the fridge. Bake for 25 to 30 minutes from cold.

SWAPS

Half broccoli, half cauliflower works just as well.

STORING IT

Fridge for up to 2 days. Reheat until steaming hot all the way through, and only reheat once.

AIR FRYER

After step 4, use a dish that fits your basket and cook at 180°C for 10 to 12 minutes until golden and bubbling.