

Cauliflower mac 'n cheese



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Preparation 25 mins | Cooking 45 mins | Serves 6

- 4 thick slices day-old wholegrain bread, crusts removed and torn into 2-3cm pieces
- 2 garlic cloves, crushed
- 1 tbs chopped thyme
- 50g butter, melted
- 1 medium cauliflower, trimmed and cut into medium florets*
- 1½ cups macaroni pasta
- 2 cups milk
- 1 tbs Dijon mustard
- 2 tbs plain flour
- 1 cup reduced-fat grated cheddar cheese
- ½ cup grated parmesan

**You'll need about 650g cauliflower florets.*

STEP 1 Preheat oven to 180°C fan-forced. Grease a shallow 8-cup ovenproof dish. Combine bread, garlic, thyme and 1 tbs melted butter in a medium bowl. Mix until bread is lightly coated. Set aside.

STEP 2 Bring a large saucepan of salted water to the boil. Add cauliflower and macaroni and cook for 8-10 minutes or until pasta is just tender. Drain and return to the pan. Set aside.

STEP 3 Meanwhile, to make cheese sauce, add remaining melted butter and mustard to a medium saucepan over medium heat and heat until foaming. Add flour and cook, stirring with a wooden spoon for 1 minute, until bubbling. Remove from heat and gradually add milk, ¼ cup at a time, stirring continuously. Return to heat and simmer, stirring occasionally, for 8-10 minutes or until thickened. Remove from heat and stir in both cheeses.

STEP 4 Pour cheese sauce over cauliflower and pasta. Stir to combine. Spoon mixture into prepared dish. Sprinkle top with bread mixture. Bake for 25-30 minutes or until golden. Stand for 5 minutes and serve.