

Ingredients

Serves 5 or 20

	5 SERVES	20 SERVES
Carrots, peeled and sliced	300g	1.2kg
Onion, chopped	1 medium	400g
Cauliflower	500g	2kg
Broccoli	500g	2kg
Eggs	3	12
Nutmeg	1 pinch	1 tsp
Parmesan cheese, grated	25g	100g
Margarine	2 tsp	40g
Garlic, crushed	1 clove	4 cloves



Method

1. Preheat oven to 180°C and line a 1L terrine dish with baking paper (Line 4 dishes to make 20 serves).
2. In three separate saucepans, steam carrot (with one third of the onion); cauliflower (with one third of the onion); and broccoli (without onion) until soft.
3. Place 1 egg (or 4 eggs for 20 serves), nutmeg and cooked carrot and onion mixture in a food processor and blend until smooth. Use a spatula to transfer carrot puree to the base of the terrine dish.
4. Place 1 egg (or 4 eggs for 20 serves), parmesan cheese and cooked cauliflower and onion mixture in a food processor and blend until smooth. Use a spatula to carefully spread cauliflower puree on top of carrot puree in the terrine dish.
5. Melt margarine in a frying pan and add remaining onion and garlic. Cook gently for 5 minutes and add cooked broccoli, stirring well. Place 1 egg (or 4 eggs for 20 serves) and cooked broccoli and onion mixture in a food processor and blend until smooth. Use a spatula to carefully spread broccoli puree on top of cauliflower puree.
6. Cover terrine with foil or baking paper. Place dish in a boiling water bath and bake in preheated oven for approximately 45 minutes or until set. Let terrine stand for 10-15 minutes. Loosen edges with a knife before carefully turning out. Cut into slices to serve, catching each slice with a spatula to prevent it from falling apart.

Nutrition, hints and tips

- This dish is a creative alternative to pureed vegetables for those on a Smooth Pureed diet. Add neutral high protein supplement powder while blending to add extra energy.