

Macaroni and Cheese with Cauliflower

Ingredients – Serves 8

- 200g dried macaroni
- 400g cauliflower, cut into small florets (or put into food processor and blitz to get a fine texture ‘cauliflower rice’)
- Spray oil
- 1 onion, diced
- 3 tablespoons margarine or butter
- 1/3 cup plain flour
- 500ml (2 cups) milk
- 40g (1/2 cup) cheese, grated
- 30g (1/3 cup) parmesan, grated
- 1/3 cup breadcrumbs

Method

1. Preheat oven to 180°C. Cook pasta in a large saucepan of boiling water following packet directions or until al dente.
2. In the last five minutes add the cauliflower to the boiling water to cook. Drain. Place in a heatproof bowl.
3. Spray a small frypan with oil and cook chopped onion until softened. Set aside.
4. Heat a large saucepan over medium-high heat. Add the butter or margarine and cook, stirring, for 1 minute or until melted. Add the flour and cook, stirring, until foamy.
5. Turn the heat to low and gradually stir in the milk with a whisk. Cook over medium heat, stirring constantly, for 5 minutes or until mixture boils and thickens. Remove from heat.
6. Add cheese and half the parmesan to the milk mixture. Add the pasta with cauliflower to the milk mixture and stir until well combined.
7. Spoon the pasta mixture into an ovenproof baking dish.
8. Sprinkle pasta dish with breadcrumbs and parmesan. Bake in preheated oven for 20 minutes or until the top is golden.
9. Serve

