

Cauliflower Mac and Cheese with Lentils (Dairy Free) OSHC

Ingredients

- 2 medium cauliflowers, chopped into florets
- 3 x 500g macaroni pasta
- 80g olive oil
- 4 large shallots, chopped
- 4 large garlic cloves, minced
- 2 tablespoons Dijon mustard
- ¼ cup lemon juice
- 80g salt reduced vegetable stock powder
- 2 teaspoons ground cayenne pepper
- 1 teaspoon ground turmeric
- 2 cups soy milk
- 1 cup nutritional yeast
- 4 x 420g cans lentils, washed and drained
- Ground black pepper, to season
- ¼ cup parsley, finely chopped (optional)

Serves: 20

Prep Time: 15 mins

Cook Time: 30 mins



Method

1. In a large pot, add the cauliflower florets with just enough water to cover. Cook on a simmer until the cauliflower florets are soft, about 20 minutes. Drain and set aside to cool.
2. In another large pot, bring water to a boil. Cook the macaroni pasta according to packet instructions.
3. Heat the olive oil in a large saucepan over a medium heat.
4. Add the shallots and garlic. Cook until soft, about 3 minutes.
5. Stir in the Dijon mustard, lemon juice, salt reduced vegetable stock powder, ground cayenne pepper and ground turmeric until well combined.
6. Gradually whisk in the soy milk and nutritional yeast and bring to a simmer. Remove from the heat and allow to cool.
7. With a hand blender, process the cauliflower until smooth and gradually add in the soy milk mixture.
8. Continue to blend until creamy, then add the lentils and simmer for another 2 – 3 minutes. Add more soy milk as required to maintain a creamy texture.
9. Add the cooked macaroni pasta to the sauce and season with ground black pepper.
10. Garnish with parsley (optional) and serve with a fresh salad.

Recipe Notes:

Swap the lentils for 1.5kg of lean chicken or 4 cans of tuna. Add seasonal vegetables for a pasta bake option.

For a dairy option, add 2 cups of grated cheese and replace soy milk with cow's milk to increase the dairy serve to 0.4 per portion.

Food Group	Serves per portion
Vegetables	1.7
Fruit	0
Grain foods	2
Lean meat and alternatives	0.6
Milk, yoghurt and cheese	0.1