



# CAULIFLOWER & BROCCOLI CHEESE BAKE TOPPED WITH HERBY BREADCRUMBS

## INGREDIENTS

- 1 head of broccoli
- 1 head of cauliflower
- 60g of cheddar cheese
- 15g of plain flour
- 30g of butter
- 290g of milk
- 2 slices of wholemeal bread
- Small bunch of parsley
- Zest of 1 lemon
- 2 tbsp of olive oil

## PREP TIME

- 35 minutes

## SERVINGS

- Serves 8

## DIRECTIONS

- 01** Bring a pan of water to a boil and cooked the cauliflower & broccoli under tender.
- 02** In a separate pan, melt the butter and add the flour to make a roux. Cook gently for 3 minutes.
- 03** Gradually add the milk and whisk until the sauce has thickened. Once thick, take off the heat and stir in the cheese until melted. Do not boil the sauce once the cheese has been added otherwise it will go stringy and split.
- 04** Place the cooked cauliflower and broccoli in an oven proof dish, pour over the sauce so that all the vegetables are evenly coated.
- 05** Drain the penne and vegetables, then mix with the creamy sauce, adding the basil, serve
- 06** Sprinkle on the herby breadcrumbs and bake in the oven until golden brown at 175C.