

Cauliflower



Available

All year round.

Buy

Heads are clean and compact.

Store

In vegetable bin in the fridge.

Prepare



Remove leaves.



Remove core.



Separate the cauliflower heads into florets.



Chop into smaller florets.

Cook

Can be:



Boiled



Steamed



Stir-fried



Add to sauce



Tuna cauliflower mac n cheese

(serves 4)

Ingredients

¼ packet macaroni pasta
½ head cauliflower, chopped
1 can creamed corn
½ cup milk
1 cup grated cheese
1 cup peas
400g can tuna, drained

Method



Heat oven to 200°C. Boil the macaroni for 8 minutes.



Add cauliflower to pasta and boil for a further 3 minutes. Drain and set aside.



Mix together creamed corn, milk and half the cheese. Then add the peas, tuna, pasta and cauliflower.



Place in a large roasting dish and sprinkle with remaining cheese. Bake for 30 minutes and until top is golden.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes



My Family Food

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