



MACARONI CAULIFLOWER CHEESE

This recipe has plenty of cauliflower hidden in the white sauce to boost up the vitamins of this dish.

 15 minutes

 35 minutes

 6 portions

INGREDIENTS

- 500 grams of macaroni, cooked, unenriched
- 2 chopped cups [1/2" pieces] of cauliflower, raw [214 g]
- 1 large unit of onions, raw [150 g]
- 2 cloves of garlic, raw [6 g]
- 1 tablespoon of oil, olive [11 g]
- 50 grams of butter, regular
- 2 level tablespoons of flour, wheat, white, plain, soft [40 g]
- 2 cups of milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A [490 g]
- 200 grams of cheese, cheddar
- 1/2 level teaspoon of salt [3 g]
- 1/2 level teaspoon of pepper, black [1 g]
- 200 grams of turkey ham, cured turkey thigh meat
- 50 grams of pumpkin seeds

COOKING METHOD

- 1° Bring the water to the boil, add the macaroni and cook until al dente [soft] – Drain off the excess water and leave with the lid on to the side.
- 2° Use a blender to finely chop up the cauliflower, garlic and onion.
- 3° Heat up the olive oil in a pan and add the finely chopped cauliflower, garlic and onion. Cook until slightly brown.
- 4° In a pot, melt the butter, mix through the flour, then add the milk, 100 mL at a time [let the mixture thicken then continue to add more milk]. Grate the tasty cheese and mix through the white sauce. Add the cauliflower, garlic, onion, salt, pepper and chopped up meat. Mix the white sauce mixture into the pasta, stir well.
- 5° Put the cauliflower macaroni cheese into a large oven proof dish, sprinkle the pumpkin seeds over the top. Cook in a hot oven [180 degrees Celsius] for 10 minutes.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (319 g)	% DRI
ENERGY	163 kcal	521 kcal	26 %
FAT	9 g	28 g	43 %
FATTY ACIDS, TOTAL SATURATED	4 g	13 g	66 %
CHOLESTEROL	26 mg	81 mg	27 %
SODIUM	271 mg	863 mg	36 %
CARBOHYDRATE	14 g	43 g	14 %
SUGARS	1 g	3 g	–
FIBER	1 g	3 g	12 %
PROTEIN	8 g	25 g	–