Less than 1 hour

Serves 4

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Ingredients:

- 1 large head (about 300g) cauliflower, cut into eight chunks
- Glug olive oil
- Salt and milled pepper
- 1/4 cup (60ml) butter
- 1/4 cup (60ml) flour
- 2 cups (500ml) hot milk
- 1 large block (400g) mature cheddar, grated
- 1 packet (500g) macaroni, cooked

Method:

- 1. Preheat oven to 180°C.
- 2. Toss cauliflower with oil, season and roast for 20 minutes, or until lightly browned and just tender.
- 3. Melt butter in a saucepan and add flour while stirring, about 2 minutes.
- 4. Add milk gradually while whisking continuously until mixture thickens and forms a smooth sauce. (This will prevent lumpy sauce.)
- 5. Add half the cheese, season and whisk until smooth.
- 6. Mix cheese sauce through cooked macaroni and spoon into an ovenproof dish.
- 7. Tuck in cauliflower and scatter with remaining cheese.
- 8. Bake for 25-30 minutes or until golden and bubbling.
- 9. Serve warm.