

Equipment

Large saucepan
Colander
Fry pan
Baking dish
Small bowl
Wooden spoon



Ingredients

1 brown onion/spring onion/leek
1 tablespoon olive oil
1 medium-sized cauliflower
300g macaroni or any pasta of your choice
2 tablespoons butter
¼ cup plain flour
500ml milk
200g cheddar cheese
100g Parmesan cheese
Salt and pepper to taste
Herbed bread crumbs

METHOD

- Pre heat oven to 200 degrees
- Bring water to boil in a large saucepan and cook pasta
- Heat frypan, add olive oil and saute' diced onion until soft.
- Add cauliflower florets, diced cauliflower stem and sliced young leaves to onion and saute' until softens.
- Drain pasta when al dente' and pour into baking dish, then add cauliflower mixture.
- Put the same frying pan back on the stove, add butter and flour, stir for a couple of minutes to cook the flour, then gradually add the milk and stir continuously with a wooden spoon until the milk is boiling and has thickened. Then add the cheese, salt and pepper to taste.
- Pour cheese sauce on top of pasta, gently stir through.
- Lastly, sprinkle the top with herbed breadcrumbs and bake in hot oven for 20 minutes of until golden.