





# Cauliflower

The cauliflower belongs to the brassica family along with the cabbage. It is a rich source of vitamin C (100g of cauliflower provides over 70% of the recommended adult intake!) and is also high in vitamin B6 and folate.

1 portion = 2 florets/spears

Recipe  
developed by  
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## How to prepare

Break or cut the outer leaves from the cauliflower and discard. Remove the stalk at the bottom and break or cut the cauliflower into florets (little trees). Rinse in cold water before use.

## How to cook

**Boil:** place florets in a pan of boiling water and cook for 6–8 minutes.

**Steam:** place in a steamer and cook for 6–8 minutes.

**Stir-fry:** break into bite-sized florets, heat 1 teaspoon of oil in a frying pan and add the florets. Cook for 4–5 minutes or until tender and crisping on the edges.

## Recipe ideas

- **Cauliflower cheese:** boil or steam as above. Make cheese sauce by melting 2 tablespoons of butter in a pan and then stirring in 3 tablespoons of flour, 1 1/4 cups of milk and a handful of grated cheese. Add to the cauliflower, sprinkle with a little grated cheese and grill until golden.
- **Cauliflower cheese bake:** boil or steam cauliflower, broccoli and leeks. Add sliced mushrooms, sweet corn, cheese sauce and cooked pasta and bake for 15 minutes.



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