

Broccoli and Cauliflower Cheese Bake Serves: 32 tastings



From the garden: Broccoli, cauliflower, parsley and thyme

Equipment:

- Large saucepan x 1
- Small bowl x 1
- Wooden spoon x 2
- Chopping boards and knives
- Measuring cups
- Measuring spoons
- Food processor
- Deep baking tray x 1
- Baking paper

Ingredients:

- 8 slices of bread (tear into quarters)
- 60g butter (melted using microwave)
- 2 cups water
- 2 cups milk
- ½ cup plain flour
- 1 head of broccoli (cut into florets)
- 1 head of cauliflower (cut into florets)
- ¼ cup parsley (leaves only, finely chopped)
- 1 tablespoon thyme (leaves only, finely chopped)
- 2 cups grated cheese
- 1 teaspoon salt
- 10 grind of pepper

Method:

1. Heat oven to 180C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Place pieces of bread in a food processor and process until becomes breadcrumbs.
4. In a small bowl, toss together breadcrumbs and melted butter. Set aside.
5. Combine water, milk and flour in a large saucepan over medium heat.
6. Stir constantly until mixture is thick and boiled.
7. Add broccoli, cauliflower and herbs, stir until evenly mixed and beginning to boil.
8. Remove from heat and stir in cheese, salt and pepper.
9. Pour into a lined baking tray, spread it evenly, top with breadcrumbs.
10. Bake for 20 minutes or until the breadcrumbs are golden brown.
11. Serve into 5 serving plates with a serving spoon in each.