# LET'S EAT!

# SAUSAGES AND CAULIFLOWER CHEESE

35 minutes

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Allergens: dairy, gluten, sulphites.

## What is it?

A creamy mixture of cheese and cauliflower, topped with breadcrumbs to give it a yummy crunch. We have served with sausages but you could make it as a side for whatever meal you like!

### MAKE IT FUN!

You could add a bit of pesto to make the cauliflower cheese green! The pesto flavour goes nicely with the cheesy sauce, and would brighten up your plate!

## What you'll need:

| | For 2 people | 3 people | 4 people |
|---|---|---|---|
| Cauliflower | 1/2 | 3/4 | 1 |
| Milk | 250ml | 375ml | 500ml |
| Flour | 2 tbsp | 3 tbsp | 4 tbsp |
| Butter | 25g | 40g | 50g |
| Grated cheese | 75g | 120g | 150g |
| Breadcrumbs | 1 ½ tbsp | 2 ½ tbsp | 3 tbsp |
| Sausages | 4 | 6 | 8 |
| Peas | 100g | 150g | 200g |

## SEND US YOUR PHOTOS!

SCAN HERE

We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Let's Eat to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
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# WHAT TO DO:



## Step 1:

Preheat the oven to 200 degrees (gas 6). Cut the cauliflower into florets and place in a saucepan of salted water, bring to a boil and cook for 5-10 minutes until still a little bit crunchy (it will continue to cook later). Drain and set aside.

## Step 2:

Melt the butter in a saucepan over a medium heat, stir in the flour and cook for 1-2 minutes. Gradually add the milk until you have a thick sauce. Stir in most of the cheese saving some for later. Season with salt and pepper.





## Step 3:

Place the sausages in an oven proof dish and place on the top shelf in your oven. After 5 minutes put the cauliflower into an oven proof dish and cover with the sauce. Top with the breadcrumbs and remaining cheese. Then bake for 20 minutes on the shelf under the sausages.

## Step 4:

Bring the peas to a boil in a saucepan of water and cook for 5 minutes, drain the peas and remove the sausages and cauliflower cheese from the oven, serve and dig in!



**DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:**

NOT FOR ME ★1 ★2 ★3 ★4 ★5 LET'S MAKE IT AGAIN!