

# Cauliflower Cheese Bake



**YIELDS**  
4 Servings



**PREP TIME**  
10 mins



**COOK TIME**  
20 mins



**TOTAL TIME**  
30 mins

Cauliflower Cheese (with or without Broccoli!) is delicious on it's own or as part of a meal. Particularly nice with a Jacket Potato!



- 1 Cauliflower  
Cut into florets
- 1 Broccoli  
Optional, cut into florets
- 600 ml Water
- 25 g Parmesan Cheese
- 75 g Cheddar Cheese (plus some extra for the top!!)  
Grated, any strength - I use Mild
- 25 g Plain Flour
- 450 ml Milk  
I use Semi-Skimmed, but any is fine (or a milk alternative)
- 1 tsp Mustard Powder

1 tbsp Breadcrumbs

Optional

100 g Bacon Lardons

Optional, Fried

**1** Put 600ml of water in the Foodi pot. Pop the crisper basket in.

**2** Chop up a cauliflower and put this in the basket. You can also add broccoli if you wish.

Put the pressure lid on and set to 'SEAL'. Select 'Pressure' and set the temp to 'HIGH' and the time to 1 min.

**3** While the pressure cooker is working, you can make the cheese sauce.

Do this by heating the flour, mustard powder (if desired) and milk (or milk alternative) in a pan on a high heat. When this begins to boil, turn to a low heat and simmer while continuously stirring for 1/2 mins - until it begins to thicken.

Then remove the pan from the heat and stir in the cheeses.

**4** When the pressure cooker is finished, switch the Foodi off and move the cog to 'VENT'.

Once you can remove the lid, take the crisper basket out and put to one side. Tip the water out of the Foodi pot. Now tip the cauliflower into the Foodi pot.

**5** Add the cheese sauce to the top of the cauliflower in the Foodi pot.

At this point you can add more cheese to the top, or breadcrumbs. Sometimes I like to add some fried up bacon lardons for extra luxury!!

Shut the Foodi and select 'Bake/Roast'. Set the temp to 190 and the time to 10 mins.

**6** Once finished, serve alone or as part of a meal. :-)

If the top isn't crispy enough for your liking, simply bake/roast for a little longer.