

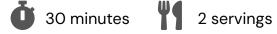




Cauliflower and Broccoli Cheese

with Crispy Prosciutto

Tender cauliflower and broccoli, baked in a creamy parmesan cheese sauce with crispy prosciutto, crispy golden panko crumb topping and garnished with fresh chives.







Switch it up!

Use the cauliflower and parmesan to make a creamy sauce to toss through pasta! Serve broccoli as a side.

FROM YOUR BOX

CAULIFLOWER	1
BROCCOLI	1
PROSCIUTTO	100g
PARMESAN CHEESE	1 packet
ТОМАТО	1
PANKO CRUMBS	1 packet
CHIVES	1 bunch

FROM YOUR PANTRY

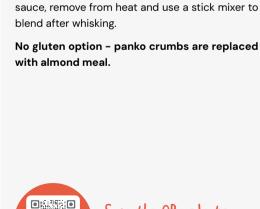
oil for cooking, salt, pepper, butter, flour of choice, ground nutmeg

KEY UTENSILS

frypan, large saucepan, oven dish

NOTES

The butter and flour mixture will resemble wet crumbly sand to begin with. For an extra smooth





1. COOK THE VEGETABLES

Set oven to 220°C.

Cut cauliflower and broccoli into florets (roughly chop tender stems). Add to a large saucepan and cover with water. Bring to a boil and cook for 3 minutes until vegetables are tender. Reserve 2 cups cooking liquid and drain. Keep pan over heat for step 3.



4. MIX THE BAKE

Add cooked vegetables and crispy prosciutto and sauce to an oiled oven dish. Mix well to combine.



2. CRISP THE PROSCIUTTO

Heat a frypan over medium-high heat with oil. Cook prosciutto for 2-3 minutes until crispy. Remove to a plate and keep pan on heat.



3. BLEND THE SAUCE

Reduce to medium heat. Add 1 1/2 tbsp butter and 3 tbsp flour to reserved saucepan and whisk for 3 minutes continuously (see notes). Pour in 1 1/2 cups cooking liquid, 3/4 packet parmesan and pinch nutmeg. Whisk continuously for 3-5 minutes until thick. Remove from heat and season with salt and pepper.



5. TOP AND BAKE

Top vegetables with sliced tomato, remaining parmesan and panko. Drizzle with oil liberally. Bake for 5 minutes until golden on top.



6. FINISH AND SERVE

Finely slice chives.

Garnish bake with chives and serve tableside.



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