



### Product Spotlight: Broccoli

Broccoli is one of the healthiest veggies because of its nutritional makeup; it is full of fibre, antioxidants, and vitamin C, which aids in iron absorption!



## 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.



30 minutes



2 servings



Pork

## Switch it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	32g	47g



## FROM YOUR BOX

CAULIFLOWER	1
BROCCOLI	1
PROSCIUTTO	100g
PARMESAN CHEESE	1 packet
TOMATO	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 sauce, remove from heat and use a stick mixer to blend after whisking.

**No gluten option** - panko crumbs are replaced with almond meal.



### 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.



### 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.



### 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**.



### 6. FINISH AND SERVE

Finely slice **chives**.

Garnish bake with chives and serve tableside.



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