



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, baked with 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, saucepan, oven dish, stick mixer

NOTES

Butter/flour will resemble wet crumbly sand.

No gluten option – panko crumbs are replaced with lupin crumb.



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. Reserve pan.



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

Add **1 1/2 tbsp butter** and **3 tbsp flour** to reserved saucepan and whisk for 3 minutes continuously (see notes). Pour in **2 cups cook liquid**, **3/4 packet parmesan** and **1/4 tsp nutmeg**. Whisk for 5 minutes until thick. Use a stick mixer to blend until smooth. Season with **salt and pepper**.



4. MIX THE BAKE

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



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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