



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



4 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
	26g	18g	34g

FROM YOUR BOX

CAULIFLOWER	1
BROCCOLI	2
PROSCIUTTO	100g
ZUCCHINI	1
PARMESAN CHEESE	1 packet
TOMATOES	2
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.



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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 **3 cups cooking liquid** and drain. Keep pan over heat for step 3.



4. MIX THE BAKE

Add cooked vegetables, sautéed zucchini 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**. Slice or roughly tear **prosciutto** and cook for 2-3 minutes until crispy. Grate **zucchini** and add to pan to cook for further 3 minutes.



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 **2 tbsp butter** and **1/4 cup flour** to saucepan and whisk for 3 minutes continuously (see notes). Pour in **3 cups cooking liquid**, **3/4 packet parmesan** and **1/4 tsp 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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