



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



4/6 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
4/6 Person:	18g/27g	22g/33g	14g/19g

FROM YOUR BOX

	4 PERSON	6 PERSON
CAULIFLOWER	1	2
BROCCOLI	2	2
PROSCIUTTO	100g	2 x 100g
ZUCCHINI	1	1
PARMESAN CHEESE	1 packet	2 packets
TOMATOES	2	3
PANKO CRUMBS	1 packet	1 packet
CHIVES	1 bunch	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.

6P – reserve 4 cups cooking water.



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.



3. BLEND THE SAUCE

Reduce saucepan to medium heat. Add **2 tbsp butter** and **1/4 cup flour**, whisk continuously for 3 minutes (see notes). Add **3 cups cooking liquid**, **3/4 packet parmesan** and **1/4 tsp nutmeg**. Whisk for 3–5 minutes until thick.

6P – use 3 tbsp butter, 1/3 cup flour, 4 cups cooking water, 1 packet parmesan and 1/4–1/2 tsp nutmeg.



4. MIX THE BAKE

Add **cooked vegetables**, sautéed **zucchini** and **crispy prosciutto** and **sauce** to an **oiled** oven dish. Season well with **salt and pepper**. Mix 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.

6P – use parmesan to taste.



6. FINISH AND SERVE

Finely slice **chives**.

Garnish bake with **chives** and serve tableside.

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