

# Cheesy Cauliflower and Mushroom Bake

## with Festive Side Salad

**hellóchef**

Cauliflower Cheese is a Christmas classic! We've pimped ours by adding chestnut mushrooms, mature cheddar cheese and a festive side salad.

Cals 725 • Prot 34 • Carbs 55 • Fat 44

**Vegetarian**

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🕒 cook: 50 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Bake	2 ppl	3 ppl	4 ppl	
Cauliflower	400	600	800	Grams
Mature cheddar 4*	60	90	120	Grams
Chestnut mushrooms	250	250	500	Grams
Olive oil	1	1	2	Tbsp
Butter 4*	20	30	50	Grams
Corn starch	20	30	60	Grams
Mushroom stock cube	1	1	1	Piece
Whole milk 4*	400	600	800	ML
Wholegrain mustard 13*	15	22	30	Grams
Grated mozzarella 4*	60	90	120	Grams
Side salad				
Walnuts 2*	30	45	60	Grams
White balsamic vinegar 14*	15	22	30	ML
Olive oil	2	3	4	Tbsp
Honey	15	15	30	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Rocket	80	125	125	Grams
Dried cranberries	30	45	60	Grams

Allergens

\*4 Milk, \*13 Mustard, \*2 Tree Nuts, \*14 Sulphur Dioxide

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3024 / 725
Fat (g)	43.6
of which saturates (g)	21.9
Carbohydrate (g)	55
of which sugars (g)	32.8
Fiber (g)	8
Protein (g)	33.8
Salt (g)	2.8

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil cauliflower

Preheat the oven to 200°C/180°C fan. Chop the **cauliflower** into small florets. Cook the **cauliflower** in a pot of salted boiling water for 4 min or until tender. Drain once cooked. Meanwhile, grate the **mature cheddar**. Roughly chop or tear the **mushrooms**.



2 Fry

Heat a pan over a medium-high heat with a drizzle of **oil**. Add the **mushrooms** with a pinch of **salt** and cook for 5 min, or until all the liquid has evaporated.



3 Make cheese sauce

Meanwhile, heat a second pan or pot over a medium heat. Once hot, add the **butter**, **corn starch** and [0.5/1/1] **stock cube**. Cook, stirring continuously, for 1 min or until a sandy paste has formed. Gradually whisk in the **milk** and cook for 3 min further or until the **sauce** has thickened. Add the **mustard**, **mozzarella** and **cheddar**.



4 Bake

Add the drained **cauliflower** and cooked **mushrooms** to a baking dish. Pour the **cheese sauce** over the **cauliflower** and **mushrooms** and give everything a good mix up. Bake in the oven for 20 min.

**Tip!** Place your bake under the grill for a final 5 min to get a golden top.



5 Make salad

Meanwhile, toast the **walnuts** in a hot, dry pan until golden and toasted. Place the **vinegar**, **olive oil**, **honey**, **salt** and **pepper** in a salad bowl and whisk until combined - this is your **dressing**. Toss the **rocket**, **walnuts** and **cranberries** in the **dressing** once ready to serve.



6 Serve

Serve the **cheesy bake** alongside the **salad**.