

SPICY CAULIFLOWER CHEESE

Here we've got a comfort food favourite - cauliflower cheese but we're giving it a delicious, spicy Indian twist! Serve it with jacket potatoes or a pile of buttery naan breads as you prefer!

Prep
5 min

Cook
45 min

Heat



Serves

4

1 large **cauliflower** -
broken into large florets
500ml **milk** (any type is fine!)
40g **butter**
40g plain **flour**
25g **breadcrumbs**
150g **mature cheddar**
cheese

3 tsp



JEERA BLEND

2 tsp



HALDI BLEND

1 tsp



MIRCHI BLEND

1 tsp



METHI BLEND

1

Preheat the oven to 190°C/gas mark 5

2

Roast the cauliflower with a splash of oil and ½ tsp salt for 20 minutes or until just tender and starting to brown around the edges

3

Fry 3 tsp **JEERA BLEND** in 1 tbsp oil for 30 seconds or until the seeds just start to pop and jump around. Add the butter and cook for 30 seconds or until melted then stir in the flour. Cook for 2 minutes whilst stirring until the butter/flour mixture has darkened slightly in colour

4

Stir in 2 tsp **HALDI BLEND**, 1 tsp **MIRCHI BLEND** and 1 tsp **METHI BLEND** followed by the milk bit by bit (stirring continuously). Cook for 5 minutes until you have a smooth thick sauce the consistency of double cream that coats the back of a spoon

5

Stir ¾ of the cheese and ½ tsp salt into the sauce

6

Pour the sauce all over the roasted cauliflower. Sprinkle with the breadcrumbs and the remaining cheese and bake for 20 minutes or until the cheese is bubbling and browning on top

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EXTRAS
#4

ALSO WORKS A TREAT WITH...

- Butternut squash or broccoli

RAISE YOUR GAME BY...

Replacing the breadcrumbs with flaked almonds



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