



## CAULIFLOWER & BROCCOLI GRATIN

**A low-fat alternative to a traditional family favourite**

**Serves 6**

**10 minutes preparation + 20 minutes cooking**

**6 serves of vegies in this recipe**



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FRUIT VEG

An Australian Government, State and Territory health initiative.

### Ingredients

- ½ medium cauliflower, cut into florets
- 1 head broccoli, cut into florets
- 2 tablespoons cornflour
- 2 cups low-fat milk
- 2 tablespoons (30g) grated reduced-fat cheese
- Pinch nutmeg
- ¼ cup fresh breadcrumbs
- 2 tablespoons grated Parmesan cheese

### Method

Steam vegetables for 6-8 mins until tender and place in an ovenproof dish.

In a saucepan, mix cornflour with a little milk to form a paste, stir in remaining milk and bring to the boil, stirring until thickened. Add cheese and nutmeg and pour over vegetables. Top with breadcrumbs and Parmesan cheese.

Grill for 3-4 minutes until golden brown or bake in a moderate oven for 15-20 mins.



### NUTRITION INFORMATION

Serves in this recipe: 6

Serve size: 191 g

	Quantity per serving	Quantity per 100g
Energy	527.66 kJ	276.39 kJ
Protein	9.86 g	5.17 g
Fat	3.57 g	1.87 g
-saturated	2.03 g	1.07 g
Carbohydrate	11.92 g	6.24 g
-sugars	5.57 g	2.92 g
Fibre	3.26 g	1.71 g
Sodium	162.42 mg	85.08 mg

Source: <http://www.gofor2and5.com.au/recipes.aspx?c=3&a=248&n=165&rl=173>

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