

# CAULIFLOWER



## PREPARATION + STORAGE

- Break the cauliflower into florets.
- Rinse well in cold water and drain.
- Can be cut up in advance and stored in the fridge.
- Cauliflower leaves and the tough stem can be cut into small chunks and frozen. They are then a great additive to curries and stir fry's.

## COOKING

- Boil in lightly salted water, covered for about 4 minutes, until just tender and slightly crunchy.
- Steam over boiling water for about 4 minutes.
- Microwave in a covered container with a little water (2 Tbsp) on high for 2 minutes.
- Roast cauliflower florets in the oven brushed with a small amount of oil for 20–40 minutes or until golden brown.
- Can be made into cauliflower rice and used in a range of recipes (e.g. cauliflower pizza).

## VEGE UP

- Add cauliflower to stir-fry's, soups, casseroles or pasta bakes such as macaroni cheese.
- Use as a raw vegetable dipper with hummus and other low fat dips.
- Chop finely and add to pasta sauce or mince.

## ADD FLAVOUR

- Roast cauliflower brushed with a small amount of oil and spices such as cumin and nutmeg.
- Sprinkle a little grated cheese (low fat) over cooked cauliflower.
- Add a tin of flavoured chopped tomatoes (Moroccan or Indian) and serve with rice.
- Add ½ head of broccoli with the cauliflower or add additional vegetables such as peas or silverbeet.