

Low-fat Cheese Sauce with Baby Cauliflower



Serves 4

Prep 5 mins

Cooking 15 mins

Easy

Ingredients

4 baby cauliflowers
salt & freshly ground black pepper

Cheese sauce

25 g plain white flour
450 ml skimmed or semi-skimmed milk
75 g mature Cheddar, grated
25 g freshly grated Parmesan cheese

This sauce contains no butter. If it goes lumpy, you can rescue it by putting it through a sieve.

1. Cook the cauliflowers in a large saucepan of boiling, salted water for 15 minutes or until tender.
2. Meanwhile, make the sauce. Place the flour in a saucepan, slowly whisk in the milk and bring to the boil, stirring continuously. Reduce the heat and simmer gently for 1 minute. Remove from the heat. Stir in the grated Cheddar and Parmesan cheese and season to taste.
3. Drain the cauliflowers, transfer to a warmed serving dish, pour the sauce over and serve.