

Cauliflower Mac and Cheese



INGREDIENTS

- 1 tablespoon olive oil
- 1 medium brown onion, finely chopped
- 3 garlic cloves, crushed
- 120g butter
- ½ cup plain flour
- 6 cups milk
- 1 1/2 cups grated cheddar cheese
- 750g dried macaroni
- 600g cauliflower cut into small florets
- 2 cups grated mozzarella or cheddar

1. Preheat oven to 200°C. Lightly grease 4 x 6 cup-capacity baking dishes.
2. Heat oil in a large frying pan over medium heat. Add onion. Cook, stirring, for 5 minutes or until softened. Add garlic. Cook, stirring, for 1 minute or until fragrant.
3. Melt butter in a saucepan over medium heat. Add flour. Cook, stirring, for 1 minute or until mixture bubbles. Remove from heat. Add milk, 1/2 cup at a time, stirring constantly to prevent lumps forming. Return pan to medium heat. Cook, stirring, for 5 minutes or until sauce boils and thickens. Remove from heat. Stir in cheddar cheese.
4. Meanwhile, cook pasta in a saucepan of boiling salted water, following packet directions, adding cauliflower in the last 5 minutes of cooking. Drain. Place in a bowl.
5. Add onion mixture and sauce to pasta. Stir to combine. Spoon into prepared dish. Sprinkle with mozzarella or cheddar. Bake for 20 minutes or until golden. Stand for 5 minutes.