



VEGAN CAULIFLOWER SHEESE

Prep. time 10 minutes | Cooking time 05 minutes | Pre-heat 180°C | Serves 2-4
Wonderful, warming and tasty, our Vegan Cauliflower Sheese is perfect for a cold winter evening.

Ingredients

- 400g cauliflower florets
- 1 tablespoon oil (sunflower, vegetable, rapeseed or olive)
- 1 onion, diced
- 1 clove garlic, crushed
- 600ml unsweetened almond or soya milk
- ½ teaspoon paprika
- 1 vegetable stock cube
- 2 tablespoons cornflour
- Salt & pepper
- 150g Bute Island Strong Cheddar Style Sheese, grated



Cooking Method

Preheat the oven to 180C and lightly grease an ovenproof dish.

Blanch the cauliflower florets for 4-5 minutes then drain well and place in the dish.

Meanwhile, heat the oil in a pan and add the onion and garlic and cook for 10 minutes until softened.

Pour in the milk, paprika, stock cube and seasoning. Whisk together the cornflour with 2 tablespoons water to form a paste then add to the pan.

Cook the sauce on a medium heat, whisking continuously, until thickened. If you want the sauce to be completely smooth, blend with a hand blender then add $\frac{3}{4}$ of the grated sheese until melted.

Pour the sauce over the florets, sprinkle over the remaining sheese and bake for 20 minutes until golden and bubbling. Enjoy straight away!