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by Liz Robb

This simple tasty dish makes a great meat free family supper, served with a

fresh salad, vegetables or crusty bread, or serve as a side dish to accompany beef or chicken.

Ingredients

50g wholemeal bread
1 small cauliflower
1-2 tablespoons of olive oil
Salt and black pepper
220g macaroni
30g butter
2 heaped tablespoons of plain flour
1 teaspoon of English mustard powder
Nutmeg
450-500ml semi skimmed milk
180g mature cheddar cheese
A few sprigs of fresh parsley
30g Parmesan cheese

Servings
4
Person

Preparation

1. Break the bread into pieces and grind into breadcrumbs. Set aside to dry out a bit.
2. Grate the cheddar cheese and finely grate the Parmesan.
3. Heat the oven to 210 degrees or 190 degrees fan oven. Brush an oven tray with the olive oil and warm in the oven. Break the cauliflower into small florets, toss them in the oil, season with salt and pepper then roast for about 15 minutes.
4. Turn the cauliflower once when roasting, remove from the oven when browned and tender. Turn the oven down to 200 degrees, 180 degrees fan oven.
5. Meanwhile, cook the macaroni according to the instructions on the pack; do not overcook, it should still be al dente. Drain and set aside.
6. While the cauliflower and macaroni are cooking, begin to make the sauce. Melt the butter over a low heat and stir in the flour and mustard powder to make a smooth paste. Gradually add the milk, stirring well with each addition until smooth.
7. Add a grating of nutmeg and stir in 130g of grated cheddar cheese; cook gently for a few minutes whilst stirring to melt in the cheese. Season to taste with salt and black pepper.
8. Tip the macaroni into an ovenproof dish and then mix in the roasted cauliflower. Spoon over the cheese sauce evenly, shaking the dish to get into all the crevices.
9. Add the parsley leaves, roughly chopped, to the breadcrumbs, and pulse together to form the topping. Mix in the remaining 50g of grated cheddar and pulse briefly once. Scatter the topping evenly all over the dish.
10. Finally, sprinkle the grated parmesan cheese on the top and bake in the oven for 15-20 minutes, until the topping is golden and the sauce is bubbling up at the sides.

Cooks Note

If cooking for vegetarians, remember to choose a suitable cheese.