

# CHEESY CAULIFLOWER MONSTER



You will need (serves 3-4):

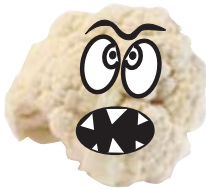
## INGREDIENTS:

- 1 whole cauliflower, cut into pieces
- 2 heaped teaspoons cornflour
- 300ml semi-skimmed milk
- 90g grated, reduced-fat cheddar cheese
- ¼ teaspoon mustard powder
- 200g pre-cooked penne pasta (wholegrain is best)
- 2 radishes and some curly parsley (optional)



## EQUIPMENT:

- oven with a grill
- saucepan
- oven glove
- ovenproof dish
- measuring jug
- weighing scales
- grater
- teaspoon
- sharp knife
- chopping board
- colander



1



First, ask an adult to boil the cauliflower in water for about 15 minutes.

2



When the cauliflower is cooked, drain it using a colander. Spoon the cauliflower into an ovenproof dish.

3



Then mix the cornflour with a little milk to make a paste.

4



Next, put the rest of the milk in a saucepan. Heat it on the hob until it is boiling. Add the cornflour paste. Keep stirring until the milk becomes thicker.

5



Now stir in the mustard powder and half of the cheese.

6



Pour the cheesy sauce over the cauliflower. Sprinkle the rest of the cheese over the top. Ask an adult to help you grill the cheesy cauliflower until it is golden and bubbling.

7



Finally, ask an adult to take the cauliflower cheese out of the grill. Add some pasta spines, some radish eyes and some curly parsley eyebrows to finish your cheesy cauliflower monster. Enjoy!