

## Cauliflower & broccoli cheese



### Ingredients

2 cloves of garlic  
50 g unsalted butter  
50 g plain flour  
300 ml semi-skimmed milk  
100 g fresh or frozen broccoli  
75 g mature Cheddar cheese  
100g fresh or frozen cauliflower

### Method

Preheat the oven to 180°C/350°F/gas 4.

Peel and finely slice the garlic and put it into a pan on a medium heat with the butter.

When the butter has melted, stir in the flour for a minute to make a paste, then gradually add the milk, whisking as you go, until lovely and smooth.

Simmer the broccoli and cauliflower for around 20 minutes, or until they are cooked through.

Mash the broccoli add the Cheddar to the sauce.

Arrange the cauliflower in an appropriately sized baking dish (cut into florets first, pour over the broccoli white sauce and grate over the remaining Cheddar.

Bake until golden and cooked through.