

## **FATE CAULIFLOWER GRATIN**

*A lovely vegetable dish that is lovely served with a crisp salad and a chunk of Fate bread for lunch or dinner. It's really tasty and quick to do. Use fresh or frozen cauliflower in this recipe, or even any left overs, as long as it's been lightly boiled or steamed. The topping is made using low protein breadcrumbs from a Fate bread roll or the end of a Fate loaf. It's best if the bread is a day or more old, and it is then easily crumbed with a grater.*

*The crisp breadcrumbs are delicious and add a lot of flavour to the dish. Its a good idea to make more breadcrumbs and store them in the freezer. They can then be used to add a crisp topping to other low protein dishes.*

***The ingredient quantities are for one portion.***

4 or 5 florets fresh cauliflower lightly boiled or steamed.

3-4 tbsp suitable freely allowed white sauce (such as Dolmio creamy sauce for Lasagne)

2 tbsp oil

3 tbsp low protein breadcrumbs

2 tsp fresh chopped parsley

½ clove garlic, chopped or grated

Preheat the oven gas 6 200°C 400°F

### **Methods**

1. Place the florets of cauliflower into an oven proof dish. Spoon over the white sauce, and place in the oven for about 10 mins to warm through.
2. Meanwhile place a frying pan onto heat and when hot add the oil. Stir in the Fate breadcrumbs.
3. Leave to cook for a couple of minutes, stirring well until starting to go brown, then add the garlic.
4. Turn the heat down so that the crumbs and garlic do not burn, and cook gently until crisp and golden brown.
5. Stir in the parsley and leave to cook for about another 30 seconds.
6. Take the cauliflower from the oven and spoon the crispy breadcrumbs on the top.
7. If you want to, you can place the dish back in the oven for 5 mins before serving hot with a suitable fresh salad.

This recipe was provided by Fate low Protein Foods