

## Cauliflower Wellington

### Serves: 5 portions/slices

\*If more than 1 slice is consumed, count any additional slices as 1 exchange (see fruit and vegetable list) as cauliflower is an orange food (90g allowed freely, any more must be counted).

### Ingredients:

#### Cauliflower:

- 1 Head of cauliflower
- A marinade/seasoning of choice such as gravy\*
- /paprika/curry powder etc.

#### Stuffing:

- 50g onion
- 1tsp sage/mixed herbs
- Salt and pepper
- 50-75g of butter
- 1 loaf of low protein bread

#### Pastry:

- 250g low protein all purpose-mix
- 200g cold margarine/butter
- 50mls cold water
- Some low protein milk for brushing on top

### Method

1. Preheat the oven to 180 degrees Celsius.
2. Marinate your head of cauliflower in your preferred sauce for 1 hour prior.
3. Roast the cauliflower head for 25-30 mins- don't forget to add any seasoning you like on top!



4. While the cauliflower is roasting, prepare your stuffing by frying the onions in butter, then adding in your sage, salt and pepper, and a full loaf of low protein bread, stirring all together.
5. For the pastry, mix the fate low protein all purpose mix and cold butter gently with your fingertips so pieces of butter still remain.
6. Add your water to the mixture slowly and mix together with your hand to form a ball.
7. Wrap the dough in cling film and leave to rest in the fridge for 10 mins.
8. Dust your worktop with low protein mix and roll out the pastry, fold 1/3 of the pastry into the centre on one side, and the other 1/3 of the pastry into the centre on the other side. Repeat 4 times and roll out the pastry each time, this created the folds in the pastry.
9. When your cauliflower head is roasted, mould your stuffing around the cauliflower, then wrap the pastry sheet around it all.
10. Brush the top with low protein milk and bake in the oven for 25-30 mins until fully cooked.

Source:

@pku\_food\_dad Instagram

Puff Pastry: Vitaflo Recipe

