



MIXER'S CAULIFLOWER CHEESE MONSTERS

SERVES 4

INGREDIENTS

- 1 small head of cauliflower, broken into pieces
- 200g wholewheat dried penne pasta
- 2 heaped teaspoons cornflour
- 300ml semi-skimmed milk
- ¼ teaspoon mustard powder
- 100g low-fat cheddar cheese, grated
- 2 radishes, some curly leaf parsley and a pepper for the face (optional)

EQUIPMENT

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



Ask an adult to help you cook the pasta in boiling water according to the instructions on the packet, without adding salt. When cooked, drain and cover.

Meanwhile, you can also boil the cauliflower in a pot of water for about 15 minutes until the cauliflower is soft. When the cauliflower is cooked, drain it using a colander.

If you have extra veg in your home, why don't you add some? A handful of peas or some broccoli turns this monster green!



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2



Spoon the cauliflower into an ovenproof dish, along with most of the pasta – leaving about 10 pasta pieces aside.

3



In a small bowl and using a spoon, mix the cornflour with a little milk to make a paste.

4



Put the rest of the milk in a saucepan and heat it on the hob until it starts to boil. Add the cornflour paste and keep stirring until the milk becomes thicker. Stir in the mustard powder and half of the cheese.

5



Pour the cheesy sauce over the cauliflower and pasta. Sprinkle the rest of the cheese over the top.

Place under a grill until it is golden and bubbling.

6



Once cooked, you can monster-fy your cauliflower cheese! Stick in the saved pasta pieces to look like spiky hair, add some radishes for eyes, some curly leaf parsley for eyebrows and a slice of pepper for the mouth and nose. Now you have your cheesy cauliflower monster!

If you have other spare vegetables in the fridge, see what you can use to add more features to your monster!



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