

# Cheesy Cauliflower Bake

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**CAL: 420    PROTEIN: 21    CARBS: 57    FIBRE: 8    FAT: 12**



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**SERVES:**  
4



**TIME:**  
25 minutes



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## INSTRUCTIONS

Start by preheating oven to 200°C/430°F/Gas 6.

You'll need to slightly pre-cook the cauliflower. Bring a pot to high heat and boil the cauliflower for 2 minutes.

Transfer the drained cauliflower to a baking dish and cover with pasta sauce, followed by cheese and sprinkling of salt & cracked pepper. Place in the oven and cook for 15-20 minutes, or until the top starts to golden and the cheese is fully melted.

Meanwhile, bring a fry pan to high heat and cook the diced bacon for 3-4 minutes. Once cooked, transfer bacon to some kitchen towel.

Top the cauliflower bake with bacon and chives. Serve immediately.

## INGREDIENTS

2 heads cauliflower, cut into florets  
200g three cheese pasta sauce  
60g cheddar cheese, grated  
3 rashers bacon, diced  
1 tbsp chives

## MACROS

Calories: 420  
Protein: 21  
Carbs: 57  
Fat: 12  
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