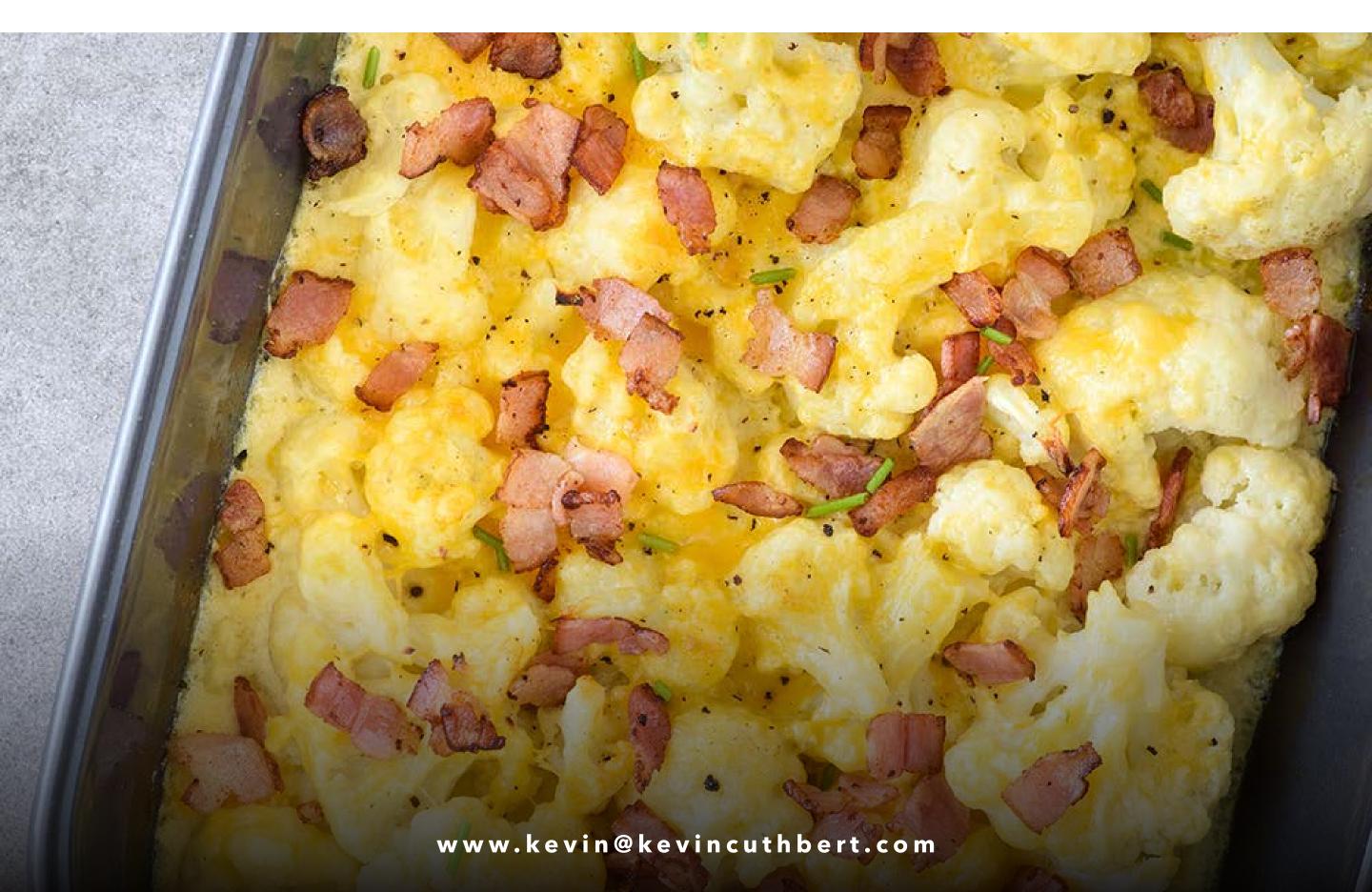


Cheesy Cauliflower Bake

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



Cheesy Cauliflower Bake



GF

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 florets200g three cheese pasta sauce60g cheddar cheese, grated3 rashers bacon, diced1 tbsp chives

MACROS Calories: 420 Protein: 21 Carbs: 57 Fat: 12 Fibre: 8