

HOW TO MAKE

Cauliflower Mac and Cheese



INGREDIENTS

Tablespoon: tbsp

Teaspoon: tsp



1 cup grated
tasty cheese



1 large zucchini,
roughly chopped



3/4 cup
milk



2 tbsp
olive oil



1 tsp
onion
flakes



Salt



500g high-fibre
or wholegrain
pasta



1/2 head cauliflower,
cut into small florets



3 garlic
cloves,
minced



1 tsp
cumin



Pepper



2/3 cup panko
breadcrumbs



1/3 cup grated
parmesan cheese



1 onion,
finely
chopped



2 tbsp butter (or
an extra 2 tbsp oil)



1 tsp
garlic
powder



2 tbsp plain
or corn flour

Indigenous additions and swaps

- Swap salt for saltbush flakes
- Swap pepper for ground pepperberry
- Add 2 tbsp ground bush tomato in Step 5.

Tips and variations

- Chop vegetables finely if you want to sneak them in for kids.
- Halve the recipe for smaller portions or double the cheese sauce for a richer flavour.
- Use any pasta type (gluten-free, wholemeal, or regular).
- Swap to low-fat, high-protein, lactose-free, or dairy-free options as needed.
- Add any extra vegetables you have on hand.
- Use a high smoke point oil such as olive, canola, or grapeseed.
- Make the cheese sauce in the microwave or on the stove, whichever works best for you.
- Optional - Add 1/2 - 1 tsp cayenne pepper in step 2.



Step 1: Cook pasta and prepare vegetables

Preheat oven to 180°C. Cook 500g pasta according to packet instructions, then drain and set aside. Chop 1/2 cauliflower and 1 zucchini into small pieces.



Step 2: Cook vegetables

Heat 2 tbsp oil in a pan. Add 1 tsp cumin and a pinch of salt and pepper. Add 1 chopped onion and 3 minced garlic cloves, cook for 4–5 minutes. Add the cauliflower and zucchini, cover and cook for 10 minutes until soft.



Step 3: Make the cheese sauce

In a microwave-safe jug, mix 2 tbsp butter or oil with 3/4 cup milk. Heat for 1 minutes, then stir in 2 tbsp flour. Heat for another 30 seconds, season with salt and pepper, and add 1 cup grated cheese. Heat again until smooth and melted. The mix will start to thicken.



Step 4: Combine

Mix the pasta, fried vegetables and cheese sauce together and add to an oven dish or tray.



Step 5: Add breadcrumb topping

Mix 2/3 cup breadcrumbs, 1 tsp garlic powder, 1 tsp onion flakes, 1 tsp salt, 1 tsp pepper, 2 tablespoons of bush tomato (optional) and 1/3 cup parmesan. Sprinkle on top.



Step 6: Bake until golden

Place dish under the grill or in an oven for 5–10 minutes until breadcrumbs are golden and crunchy. Serve and enjoy!