

Stacey's Broccoli Cheese Bake

This idea came from a glut of leftover Broccoli and Cauliflower, I've added potatoes because I'm a potato freak and it bulked it out but that's optional. As with all my recipes all the weights and measurements in this recipe are to taste, feel free to add or take away ☺



Ingredients

For the Charleston

- 1 Broccoli Head
- 1 Cauliflower Head
- A few sprigs of fresh Thyme
- 2 Spring Onions
- Left Over Boiled Potatoes
- Cream Cheese Of Choice
- Cheddar Cheese
- Bread*
- 2 tsp Wholegrain Mustard
- 500ml Milk
- 1 Tbs Flour
- 3 Garlic Cloves
- Salt and Pepper
- Butter
- Dried Parsley*

* hiding from the picture

Also Needed

- Sauce Pan
- Oven Dish
- Chopping Board
- Wooden Spoon
- Knife
- Tea Spoons

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Method:

1. Preheat your oven to 200⁰C.
2. I used left over Broccoli and Cauliflower but if you're using fresh give them a rinse.
3. Chop into small florets then place in a large saucepan of salted water. Bring to the boil and cook for 3-5 minutes, until the almost tender, but still fairly firm.
4. Tip into a colander, leave to drain then set aside for later.
5. In a food processor blitz up the breadcrumbs and the dried parsley (set aside for later) then blitz the cheese and the spring onions, (you can chop the onions and grate the cheese).



6. To make the sauce, melt the butter in a medium, heavy-based pan and stir in the flour. Cook over a gentle heat for one minute.
7. Remove the pan from the heat and gradually add the milk, a little at a time, stirring well between each addition. Return the pan to a medium heat and bring the mixture to the boil, stirring constantly. Simmer for two minutes, then remove from the heat
8. Stir in the mustard, thyme, soft cheese and the blitzed hard cheese and spring onions. It is important to ensure that the cheese melts.



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9. Arrange the Broccoli, Cauliflower and left over potatoes (if your using them) in and ovenproof baking dish.



10. Carefully pour over the sauce, ensuring everything is completely covered.



11. Scatter the breadcrumbs you blitzed earlier over the top



12. Bake for 25-30 minutes or until the top is golden-brown and bubbling. Serve as it is, with some bread or a side salad.

