

# BACON CHEESEBURGER CAULIFLOWER

**Time: 40 minutes**

**Serves: 4**

## Ingredients:

600g cauliflower florets (about one head)  
40g extra-virgin olive oil  
6g kosher salt  
2 thick slices bacon - cut into matchsticks  
1 yellow onion - diced  
250g lean ground beef  
2g chili powder  
1g fresh ground black pepper  
100g cheddar cheese - grated

## Preparation:

Preheat oven to 260C.

Place cauliflower in a bowl, tossing with the olive oil and 3 grams of the salt.

Spread cauliflower on a baking sheet and bake for 20 minutes or until it begins to turn golden with some darker spots.

While the cauliflower is cooking, place a frying pan on medium heat and cook the bacon, stirring occasionally until it's lightly browned. Remove with a slotted spoon and set aside.

Cook the onion in the bacon fat, stirring occasionally until softened (about five minutes). Remove with a slotted spoon and set aside with the bacon.

Drain the bacon fat from the pan. Turn heat to medium-high. Add the beef. Cook, breaking apart until browned, adding the remaining salt, pepper and chili powder once it's broken apart. Remove from heat and set aside.

Sprinkle the bacon, onion and beef on the cauliflower. Top with the cheese and return to the oven until the cheese is fully melted.

Remove from heat and serve immediately.

## Nutritional Information Per Serving:

Calories: 426  
Fat: 32g  
Carbs: 11g  
Fibre: 4g

Protein: 25g