



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

MASHED CAULIFLOWER

Time: 20 minutes

Serves: 4

Ingredients:

500g cauliflower florets
50g unsalted butter
3g kosher salt
0.5g fresh ground black pepper

Preparation:

Add 2cm of water to a large pot with a steamer basket. Place on high heat and add the cauliflower. Cover the pot and time ten minutes from the time the water reaches a boil. Remove from heat.

Place the cauliflower and remaining ingredients in a food processor and process to the desired consistency.

Serve immediately.

Nutritional Information Per Serving:

Calories: 117
Fat: 10g
Carbs: 7g
Fibre: 3g
Protein: 3g