



HEALTH SCORE

65%

Cauliflower cheese & spinach pasta bakes



Vegetarian



Very Healthy

READY IN



65 min.

SERVINGS



6

CALORIES



588 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 850 ml milk
- ☐ 50 g flour plain
- ☐ 50 g butter
- ☐ 1 tsp dijon mustard
- ☐ 100 g extra sharp cheddar cheese grated
- ☐ 25 g cheese blue
- ☐ 0.5 tsp nutmeg finely grated
- ☐ 250 g penne pasta

- ☐ 1 kg cauliflower cut into florets (2 medium ones)
- ☐ 750 g spinach whole frozen dry (leaf)
- ☐ 25 g pinenuts toasted
- ☐ 4 garlic clove whole sliced
- ☐ 2 tbsp olive oil extra virgin extra-virgin
- ☐ 700 g tomatoes

Equipment

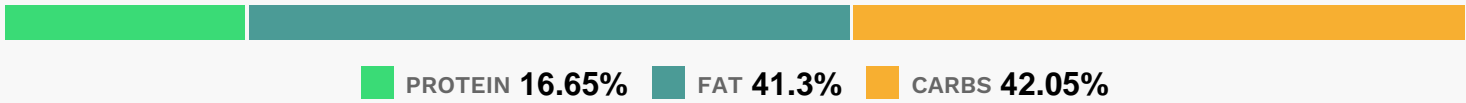
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ For the tomato sauce, cook the sliced garlic in the oil for 1 min, then add the passata. Season, half-cover the pan and simmer for 20 mins until rich.
- ☐ Meanwhile, make the cheese sauce.
- ☐ Put the milk, flour and 50g butter into a pan.
- ☐ Heat, whisking non-stop, until smooth, then bubble for 3 mins, stirring to make sure any flouriness is lost. Cool for 5 mins, then stir in the mustard, most of the cheddar, half the blue cheese and half the nutmeg.
- ☐ Boil the penne and cauliflower for 8 mins in salted water until the pasta is almost cooked and the cauli is tender. Keep 2 tbsp water from the pan, then drain. Melt 1 tbsp butter in a pan, add the whole garlic clove, spinach, remaining nutmeg, salt and lots of black pepper. Stir for 2 mins, then remove the garlic clove.
- ☐ Set aside 300ml cheese sauce and mix the rest into the cauli and pasta. Divide half the tomato sauce between 6 dishes and top with some spinach. Fill with cauli mix, top with more spinach, then the rest of the tomato sauce. Top with the cheese sauce, cheeses and pine nuts. Cover with cling film, cool and chill for up to 2 days or freeze for up to 1 month. To cook, defrost if frozen.
- ☐ Heat oven to 200C/ 180C fan/gas

Cook on a baking sheet for 18–20 mins until golden and bubbling. Good with green salad or garlic bread.

Nutrition Facts



Properties

Glycemic Index:76.83, Glycemic Load:22.84, Inflammation Score:-10, Nutrition Score:47.39347814477%

Flavonoids

Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 587.7kcal (29.39%), Fat: 28.04g (43.14%), Saturated Fat: 12.31g (76.93%), Carbohydrates: 64.23g (21.41%), Net Carbohydrates: 54.04g (19.65%), Sugar: 15.54g (17.27%), Cholesterol: 55.24mg (18.41%), Sodium: 426.73mg (18.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.44g (50.88%), Vitamin K: 506.74µg (482.61%), Vitamin A: 16275.23IU (325.5%), Vitamin C: 103.86mg (125.89%), Manganese: 2.13mg (106.36%), Folate: 323.42µg (80.86%), Selenium: 46.44µg (66.34%), Calcium: 546.32mg (54.63%), Phosphorus: 520.67mg (52.07%), Magnesium: 190.35mg (47.59%), Vitamin B2: 0.77mg (45.56%), Potassium: 1588.66mg (45.39%), Vitamin B6: 0.82mg (40.76%), Fiber: 10.19g (40.75%), Vitamin E: 5.91mg (39.37%), Vitamin B1: 0.46mg (30.44%), Copper: 0.52mg (25.92%), Iron: 4.66mg (25.87%), Zinc: 3.62mg (24.16%), Vitamin B5: 2.27mg (22.72%), Vitamin B3: 3.78mg (18.92%), Vitamin B12: 1.03µg (17.18%), Vitamin D: 1.73µg (11.52%)