



CAULIFLOWER WITH CURRY AU GRATIN

Ingredients

400 g Orogel cauliflower florets

2 teaspoons of curry

salt and pepper to taste

1/2 liter béchamel

sliced cheese



45



4



Medium



Main Courses

Method

1

Pour the cauliflower in a non-stick pan with 2 glasses of water, bring it to a boil and cook for 6 minutes. Add 2 tablespoons of curry and a pinch of salt.

2

Arrange the cauliflowers in a buttered oven dish, cover with béchamel and sprinkle with a bit of curry.

3

Preheat oven at 180°C and bake for 15 minutes. Add pepper, a few cheese slices and cook au gratin until golden.