

Cauliflower mac 'n' cheese



Serves
4



Ingredients

- 1 small cauliflower
- 250g dried wholemeal macaroni, or other small wholemeal pasta shapes
- 50g butter or 3½ tablespoons of oil
- 50g fine (wholemeal) flour
- 500ml milk
- 100g mature cheddar, grated
- 1 teaspoon coarse mustard
- 2 handfuls baby spinach
- Salt and pepper to taste
- Breadcrumb for topping

Method

1. Pre-heat the oven to 200°C/Gas 6 and prepare your oven dish.
2. Cut off the leaves and stalk of the cauliflower. Cut the rest into small florets.
3. Half fill a large saucepan with water and bring to boil.
4. Add the cauliflower florets to the pan of water, and let them cook for 8-10 minutes or until soft.
5. Take cauliflower out of the boiling water using a slotted spoon and set aside.
6. Add the pasta to the pan from which you have just taken the cauliflower. Cook according to the instructions on the packet.
7. Meanwhile, melt the butter in a small saucepan over a low heat (or pour the oil in the pan), then whisk in the flour, until the mixture forms a smooth paste.
8. Gradually add the milk, bring the mixture to a gentle simmer and wait to thicken, about 5-6 minutes.
9. Stir in the cheese and the mustard. Season with salt and pepper.
10. Add the cauliflower to the sauce and blend until smooth. The finished sauce should have the consistency of pouring custard.
11. Divide the cauliflower cheese sauce in two bowls, add spinach in one bowl and blend until smooth.
12. Drain the pasta and transfer to the 2 bowls and mix to combine with the cheese sauce.
13. Pour each of the pasta mixes from opposite sides into an ovenproof dish. Sprinkle the pasta with the breadcrumbs.
14. Bake for 20-25 minutes, or until the top is golden brown and the sauce is bubbling.

Berry yoghurt popsicles



Makes
8



Ingredients

- 400g Greek yogurt
- 100g blueberries or other dark berries (fresh or frozen)
- 200g strawberries or other red fruit, chopped
- 2 tablespoons honey
- 2 teaspoons vanilla extract

TOP TIP!


Fuller on Fibre: Fibre is a type of carbohydrate mainly found in plant sources.

Fibre helps to keep our gut healthy and makes us feel full for longer. It has even been found to be good for our mood. You can find fibre in fruits and vegetables, wholemeal starchy foods, and pulses. Using wholemeal pasta and flour and eating vegetables and fruit will help you meet your fibre requirement for the day.

Method

1. Divide the Greek yogurt between two bowls equally.
2. In one bowl add the chopped strawberries, one tablespoon of honey and one teaspoon of vanilla extract and blend together.
3. In the other bowl, add the blueberries, one tablespoon of honey and one teaspoon vanilla extract and blend together.
4. If you don't have a blender, mash the fruit with a fork before adding it to the yogurt.
5. Divide the mixture between eight popsicle molds, place a popsicle stick in the middle and top with fresh fruit. If you don't have popsicle molds, use empty small yogurt pots and a plastic or wooden teaspoon. You can make layers of red and blue or make each popsicle a single colour as you like.

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