

Cauliflower and bacon pasta bake

(serves 6 people)

This is a twist on a traditional cauliflower cheese. It is a great way to encourage the children, or indeed adults, to eat cauliflower. Pasta, cauliflower and cheese are such a winning combination.

Ingredients

* 200g streaky bacon
* 300g dried pasta\*
* 1 cauliflower, cut into large florets
* 300ml milk\*
* 1 tbsp cornflour\*
* 1 tsp Dijon mustard (optional)\*
* 140g cheddar cheese\*, grated
* 1 wholemeal roll or 2 slices bread\*, made into breadcrumbs

Method

1. Cook the bacon under a hot grill for around 5 minutes and then set aside on some kitchen roll.
2. In the meantime, cook the pasta according to the packet instructions, adding the cauliflower florets to the water for the final 8 minutes.
3. In a bowl mix a small amount of the milk to the cornflour to make a paste. Place the rest of the milk in a pan and add the cornflour paste and heat, whilst stirring, until the sauce has thickened.
4. Remove from the heat and add the mustard (if using) and cheese. Stir until smooth.
5. Place the cauliflower, pasta and bacon in an oven proof dish, and pour over the cheese sauce. Top with breadcrumbs.
6. Place under a hot grill or into a hot oven for 5-10 minutes until browned and bubbling.

\*Can contain or is one of the 14 common allergens