



## CAULIFLOWER AND GREENS PASTA BAKE

<b>Season:</b>	<b>Winter</b>
<b>From the garden:</b>	<b>Cauliflower, broccoli, silverbeet, spinach, spring onion, parsley</b>
<b>Type:</b>	<b>Dinner</b>
<b>Difficulty:</b>	<b>Moderate</b>
<b>Country of origin:</b>	<b>Italy</b>
<b>Serves:</b>	<b>6 serves or 30 tastes</b>
<b>Source:</b>	<b>Andrea Habacht, GTT kitchen specialist, Oropi school</b>

### Equipment

- \*chopping board and knife
- \*bowls and mixing spoon
- \*box grater
- \*baking dish
- \*large and medium saucepan
- \*whisk
- \*measuring cup and spoon

### Ingredients

- \*1 cauliflower or broccoli (or a mix of both)
- \*bunch of spring onions
- \*handful of greens
- \*400 g dried pasta (macaroni, spirals..)
- \*2 tbsp butter or margarine
- \*1 tbsp flour
- \*1 ½ cups milk
- \*1 tsp mustard
- \*1 ½ cups grated cheese
- \*1/3 cup breadcrumbs
- \*salt and pepper to taste + 1 tsp salt for pasta water

### Method

- 1.preheat oven to 220 degrees
- 2.cook the pasta in plenty of salted water until al dente, drain and set aside

- 3. cut the cauliflower and broccoli into bite size pieces (including the stalks)**
- 4. slice the spring onion and slice the greens (remove any tough stalks)**
- 5. fry the cauliflower/broccoli in a little oil or butter until lightly browned and softened, then set aside**
- 5. cook the spring onion in the same saucepan with the 2 tbsp of butter until softened**
- 6. add the flour to the spring onion and cook for a minute, then add the milk**
- 7. while whisking, let the mixture come to a simmer and thicken**
- 8. turn off the heat and add the mustard, salt, pepper and 1 cup of the grated cheese into the white sauce and mix**
- 9. stir the cheese sauce into the cooked pasta and add the cauliflower/broccoli and sliced greens**
- 10. spread the pasta mixture into a baking dish, sprinkle with the remaining cheese and bread crumbs and bake for around 20 minutes until browned**
- 11. serve with a salad on the side**

**Skills: *measuring, chopping, grating, slicing***