

# Broccoli/Cauliflower cheese

Serves 2



## Ingredients

- 350g/12oz broccoli/cauliflower (fresh or frozen)
- 110g/4oz lowfat soft cheese
- 150g/5oz lowfat fromage frais
- 25g/1oz mature cheddar cheese
- 1 teaspoon wholegrain mustard
- 1 clove of garlic, peeled and crushed

## Method

1. Steam or boil the broccoli and cauliflower until just tender.
2. Mix together the fromage frais, soft cheese, wholegrain mustard and garlic.
3. Pile the cauliflower and broccoli into an ovenproof dish and top with the cheddar cheese. Bake in the oven/grill on a medium heat until golden and the sauce is heated through.