

Cauliflower cheese spread

Description

Spread with roasted cauliflower and cheese



Yield

1 batch of 1'000 g



Scheduling

Preparation: 10 minutes

Baking time: 25–30 minutes/180°C



Nutritional values (100 g or 100 ml)

energy: 518 kJ/124 kcal;

fat: 10.4 g, of which saturated 2.9 g;

carbohydrates: 1.9 g, of which sugars 1.6 g;

protein: 6 g; salt 0.2 g

Recipe

Cauliflower cheese spread (1'000 g)

780 g cauliflower florets, roasted

115 g grated cheese mix

65 g rapeseed oil

40 g anchovy fillets

Production

1

Roasting cauliflower

Cut the cauliflower into florets and spread evenly on a baking tray. Roast in the oven at 180°C for approx. 25–30 minutes until golden brown. Turn the florets occasionally to ensure even browning.

2

Mixing the ingredients

Place the roasted cauliflower florets in a mixing bowl together with the grated cheese mix, rapeseed oil and anchovy fillets. Purée with a hand blender until smooth and creamy. Add a little oil or water depending on the desired consistency.

3

Filling and storage

Fill the finished spread into clean, sealable containers.

Can be stored in the refrigerator at a maximum temperature of 5°C for up to 5 days.