

Mockafoni and Cheese

Ingredients

- 450 g bag frozen cauliflower
- 110 g cream cheese
- 2 tablespoons heavy cream or low carb milk
- 110 g cheddar cheese, shredded
- 2 green onions, finely chopped
- 1 teaspoon minced chives, optional
- 1/2 teaspoon salt, or to taste
- 1/2 teaspoon pepper, or to taste
- 60g cheddar cheese, shredded

Method

1. Cook the cauliflower until tender; drain well.
2. Soften the cream cheese in the microwave about 30-40 seconds on HIGH.
3. Add the cream cheese to a 1.5 litre casserole dish.
4. Whisk in the cream until smooth, then stir in the 110g cheddar cheese.
5. Microwave on MEDIUM about 2-3 minutes or until the cheese is melted.
6. Stir well until creamy and smooth, microwaving a little longer if necessary.
7. Stir in the green onions, chives, salt and pepper.
8. Add the cauliflower and gently fold into the cheese sauce to coat well.
9. Adjust the seasonings if needed.
10. Top with the remaining 60g cheddar cheese.
11. Bake at 175C for 35 minutes, until bubbly and brown on top.