

# Loaded Cauliflower Breakfast Bake

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## Ingredients

- 1 large head cauliflower
- 8 slices bacon, chopped
- 10 large eggs
- 1 cup milk
- 2 cloves garlic, crushed
- 2 teaspoons paprika
- salt
- black pepper
- 166g grated cheddar
- 2 spring onions, thinly sliced, plus more for garnish
- Hot sauce, for serving

## Method

1. Preheat oven to 175C.
2. Grate cauliflower head on a box grater and transfer to a large baking tray.
3. In a large skillet over medium heat, cook bacon until crispy, 8 minutes.
4. Transfer to a paper towel-lined plate to drain fat.
5. In a large bowl, whisk together eggs, milk, garlic, and paprika.
6. Season with salt and pepper.
7. Top cauliflower with cheddar, cooked bacon, and spring onions, and pour over egg mixture.
8. Bake until eggs are set and top is golden, 35 to 40 minutes.
9. Garnish with hot sauce and more spring onions before serving.