



# Broccoli Cheese

Cooking Time \_\_\_\_\_

On2Cook: 5:05 mins    Normal Cooking: 30 mins

Accessories: Pan Honeycomb (Non-Stick), Silicone Stirrer

Ingredients \_\_\_\_\_

- 30 g

Butter
- 15 g

Garlic
- 30 g

All Purpose Flour
- 200 g

Broccoli
- 510 g

Milk Mix
- 400 ml Milk, 100 g Cream, 4 g Salt
- 4 g Oregano
- 2 g Black Pepper Powder
- 103 g

Processed Cheese & Chilli Flakes
- 100 g Cheese, 3 g Chilli Flakes
- 60 g

Dijon Mustard & Balsamic Vinegar
- 50 g Dijon Mustard
- 10 ml Balsamic Vinegar

Step 1 0:30 secs

30 g Butter

I 100 M 0

Step 2 0:15 secs

15 g Garlic

I 100 M 0

Step 3 0:20 secs

30 g All Purpose Flour

I 40 M 0

Step 4 3:00 mins

200 g Broccoli, 510 g Milk Mix

I 60 M 100

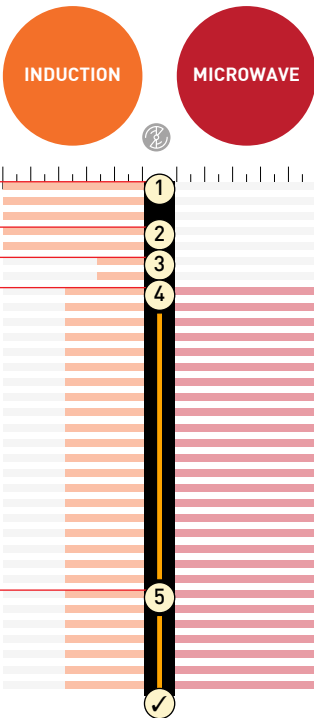
Step 5 1:00 min

Mustard & Balsamic Vinegar

Chilli Flakes, 60 g Dijon

103 g Processed Cheese &

I 60 M 100



Total Output:  
800 g