

be good to
yourself

BETTER FOR YOU



Cauliflower Bake with Hazelnut Gremolata

leggo's

Recipe courtesy of Leggo's www.leggos.com.au



PREPARE
30 mins



COOK
30 mins



SERVES
6

INGREDIENTS

- 1
500g Medium cauliflower, cut into florets
Jar **Leggo's Tuna Bake with Spinach and Garlic**
- Gremolata:**
1 cup Fresh breadcrumbs
1/3 cup Roughly chopped hazelnuts
1/3 cup Shredded Parmesan cheese
50g Margarine, melted
- Serve with:**
600g Protein of your choice (chicken, lamb, beef, salmon, tofu etc) cooked to your liking
6 cups Steamed green vegetables (beans, peas, broccolini etc)



INSTRUCTIONS

STEP 1

Cook cauliflower in boiling water until tender. Drain well. Spoon approximately 1/3 of **Leggo's Tuna Pasta Bake** into a large greased shallow baking

STEP 2

Arrange cooked cauliflower into dish and spoon over remaining **Leggo's** sauce. Combine gremolata ingredients and sprinkle over the cauliflower. Bake in a preheated oven at 200°C for 20 minutes.

STEP 3

Serve with steamed greens and lean protein of your choice.

TIP Almonds or pine nuts can be substituted for the hazelnuts.



Recipe courtesy of Leggo's www.leggos.com.au



PREPARE. ENJOY. SHARE. #BGTY  

begoodtoyourself.com.au for more information and recipe ideas