



Cauliflower mash

BY MIDLIFE MENU



Ingredients:

Serves 4

1 head Cauliflower (large, sliced into florets)
2 Garlic (cloves, minced)
2 tbsps butter
1 tbsp Thyme
Sea Salt & Black Pepper (to taste)

Instructions:

1. Place cauliflower florets in a large saucepan on the stove or use a steamer.
2. Add boiling water, cover, bring to a boil and cook for 10 to 15 minutes, or until very soft.
3. Transfer steamed cauliflower to a food processor or blender along with the garlic, butter, thyme, salt and pepper.
4. Process until desired texture. (If you like a chunkier mash, you can use a hand masher for this step.)
5. Divide between plates and top with extra butter if desired or use to top a shepherd's pie. Enjoy!



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