

Cheesy Garlic Cauliflower Gratin

Prep Time: 10mn

Cook Time: 30mn

Total Time: 40mn

- 1 large head of cauliflower, cut into florets
- 2 tablespoons Butter
- 1 teaspoon finely chopped Garlic
- 2 1/2 tablespoons All Purpose Flour
- 2 cups whole Milk
- 1/4 teaspoon Nutmeg
- 1/4 cup Cream Cheese
- 1/2 cup grated Cheddar



1. Pre -heat oven to 400 degrees.
2. Bring a pot of water to boil, add a tablespoon of salt and the cauliflower florets to it. Boil for a minute, drain and set aside.
3. In another pan, heat butter and add garlic. Add the flour and cook for a minute. Reduce the flame, and start adding milk while whisking continuously. Keep whisking till the sauce starts to thicken. Simmer for three to five minutes and mix in cream cheese, nutmeg powder, salt and pepper.
4. Transfer cauliflower to a baking dish and pour the sauce over it. Top with grated cheddar and bake for 20 minutes till the top is golden brown.
5. Serve immediately.