



Cauli & Broccoli Bake

You need:

- 1x head cauliflower (separate into florets)
- 1x head broccoli (separate into florets)
- 120ml full cream yoghurt
- 60g cheddar cheese (grated)
- 1 tbsp oil
- spices

Calories/s

179

Prep time

<5 min

Servings (s)

Method:

- Preheat the oven to 180°C.
- Mix the yoghurt and spices.
- Place cauliflower and broccoli florets in an oven dish (lined with olive oil).
- Pour the yoghurt mixture* over the florets and top with cheese.
- Bake for 20 min (test with a fork and remove when the florets are cooked to your preference).

***Optional:** add 50ml milk to make yoghurt mix more liquid.

Nutrition Facts

Serving Size	per meal
	Per serve
Energy	749 kJ 179 kcal
Protein	10.40g
Carbohydrates	15.95g
Sugar	6.73g
Fat	9.88g
Saturated Fat	4.435g
Polyunsaturated Fat	0.676g
Monounsaturated Fat	3.902g
Cholesterol	16mg
Fiber	6.4g
Sodium	186mg
Potassium	767mg