

Mushroom & Cauli 'Risotto'

You need:

- 1x 500g head cauliflower (grated)
- 200g mushrooms
- 1x onion
- 1 cup chicken stock
- 40g cheddar cheese (grated)
- 1 tbsp oil
- spices



Calories/s

144

Prep time

5-10 min

Servings (s)

4

Method:

- Cook onion and mushroom with spices, until soft.
- Add chicken stock, spices and grated cauliflower.
- Cook covered for 5-10 minutes, remove lid and wait for water to evaporate.
- Add cheese and stir-in.

Nutrition Facts

Serving Size	per meal
	Per serve
Energy	602 kJ 144 kcal
Protein	7.87g
Carbohydrates	12.60g
Sugar	5.49g
Fat	8.12g
Saturated Fat	3.327g
Polyunsaturated Fat	0.730g
Monounsaturated Fat	3.751g
Cholesterol	14mg
Fiber	4.1g
Sodium	321mg
Potassium	611mg

Cauliflower is high in fiber and B-vitamins. It is also rich in antioxidants, choline (essential for learning and memory) and also contains other micronutrients (calcium, magnesium, potassium, phosphorus, vitamins – C, K, B6, B9). Cauliflower can improve digestion, memory, circulation, strong bones and more.