

BAKED CURRY CAULIFLOWER MASH

INGREDIENTS

1 medium cauliflower
4 tablespoons butter, divided
1/2 cup grated Parmesan cheese, divided
1 teaspoon curry powder
salt and pepper to taste
1/2 cup panko crumbs (alternatively, use crushed corn flakes to make GF)

DIRECTIONS

Cut cauliflower into smallish pieces. In a steamer basket, cook cauliflower over boiling water until a knife easily pierces the stems, about 10 minutes. Drain well. Reserve about 1/2 cup of the cooked cauliflower.

Preheat oven to 400F. Prepare a baking dish with cooking spray.

Using a food mill, mash the hot cooked cauliflower into a work bowl. Add 2 tablespoons of the butter, 1/4 cup of the Parmesan cheese, the curry powder, salt and pepper. Mix well, until the consistency of mashed potatoes. Pour into the prepared baking dish. Sprinkle reserved, non-mashed cauliflower pieces.

Melt remaining 2 tablespoons of butter and in a small bowl, mix together melted butter, remaining Parmesan cheese and panko crumbs. Sprinkle over the cauliflower mash. Bake for 20 minutes or until golden brown on top.