# Cauliflower, Bean and Cheese Spoon Bake

2 spoonable cauliflower-and-bean meals, each with half the complete dish and 60 g (2.1 oz) bread | Active 18 min | Cook 14 min | Total 40 min

## Ingredients

- 300 g (10.6 oz) fresh cauliflower, florets cut to 2 cm (3/4 in), peeled stalk to 5 mm (3/16 in) dice
- 45 ml (3 US tbsp) water
- 240 g (8.5 oz) ready-to-eat canned white beans, drained and rinsed, divided into 120 g (4.2 oz) for mashing and 120 g left whole
- 150 ml (about 1/2 US cup plus 2 US tbsp) milk
- 10 g (0.35 oz) Dijon mustard
- 60 g (2.1 oz) cheddar, grated
- 0.5 g sweet paprika, about 1/4 US tsp
- 0.5 g fine salt, a small pinch
- 0.2 g ground black pepper, a small pinch
- 120 g (4.2 oz) soft wholemeal bread, 60 g (2.1 oz) per person

## Set out

1000 W microwave with turntable, Shallow microwave-safe dish, about 22 cm (8 2/3 in) inside diameter and at least 2 L (2.1 US qt) capacity, Microwave-safe vented cover, Knife and board, Mixing bowl, Fork and spoon, Kitchen scale and measuring jug, Food thermometer, Oven mitts, Two serving plates

## Allergens

Milk, Mustard, Wheat. Check labels and substitutions.

## Make it

**1.** Put cauliflower and the 45 ml water into the shallow dish. Cover with the vented cover. Microwave at 1000 W full power for 4 minutes, stir, then cook 2-3 minutes more until the thickest stalk and florets are fork-tender. Retain all the steaming liquid.

**2.** Mash 120 g of the canned beans in the mixing bowl with the fork. Gradually stir in all the milk, mustard, salt and pepper, leaving a slightly coarse sauce. Fold it through the tender cauliflower with the other 120 g whole beans.

**3.** Cover and microwave at full power for 3 minutes. Stir carefully from the bottom, then heat 1-2 minutes more until 165°F/74°C in the center and several other positions. Sprinkle all the cheddar over the surface and dust it with all the paprika. Cover and heat at 50% power for 1-2 minutes until the cheese has softened; check that the center remains fully hot, adding short bursts if needed.

**4.** Stand covered for 2 minutes. Spoon half the entire cauliflower, beans, sauce and cheese onto each plate. Serve 60 g bread per person. The top is soft melted cheese rather than a baked crust.

# Cauliflower, Bean and Cheese Spoon Bake

2 spoonable cauliflower-and-bean meals, each with half the complete dish and 60 g (2.1 oz) bread | Active 18 min | Cook 14 min | Total 40 min

## No blender needed

A fork-mashed half of the beans provides a slightly coarse creamy coating. Do not expect a perfectly smooth white sauce from a method that does not blend it.

## A spoonable serving

Each person receives half the whole dish, including all the cheese, plus 60 g bread. There is no instruction to cut a firm casserole square or turn the mixture out.

## Ingredient labels

Check bread and mustard labels for additional ingredients, including sesame or soy.

## A useful detail

The 40-minute planning total allows chopping, up to 7 minutes cauliflower heating, 5 minutes sauce heating and 2 minutes cheese warming, the covered stand and serving. The milk sauce thickens from mashed cooked beans, not a hidden raw-flour stage. One oven heats the single dish sequentially; additional tenderizing or temperature-controlled bursts extend the estimate.

## Another way

Use 300 g (10.6 oz) fresh broccoli instead of cauliflower, keeping the peeled stalk in small dice and cooking to tenderness before adding sauce.

Replace cheddar with 60 g (2.1 oz) crumbled feta. It softens into the surface rather than stretching; the dish still contains milk.

## Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Keep bread separate. Reheat once, covered and stirred, until 165°F/74°C throughout; stand covered for 2 minutes. The bean sauce may become thicker during storage.