

# Cauliflower au gratin

Savoury

level ■■■■

 1

 40 min



## Ingredients

1 sachet	Calshake Neutral
1/2	cauliflower
25 g	butter
25 g	wheat flour
240 ml	whole milk (3.5 % fat)
75 g	grated cheese
	salt, pepper

## Nutritional information per serving:

Energy .....	625 kcal
Protein .....	20.0 g
Fat .....	38.0 g
Carbohydrate .....	50.0 g
Fibre.....	0.0 g

## Alternative products:

Fresubin® Clear Thickener  
Fresubin® Protein Powder



## Preparation

Mix Calshake Neutral as usual with milk. Boil cauliflower in salt water. Heat Calshake Neutral, butter and flour in a pot under constant stirring until a uniform thickened consistency is reached. Add cheese and stir till melted. Season with salt and pepper.

Place cauliflower into heat-resistant dish and cover with the cheese sauce. Bake in the oven at approx. 180 °C until the cauliflower is golden brown.