

# Cauliflower Mash



142 kcal

Serving 4

20 Mins

## Cauliflower Mash

★★★★★ (0)

**Calories 142 kcal**

**Protein Serves 0.00**

**Carbohydrate 2.4 grams**

**Cholesterol 0 milligrams**

**Fat 13 grams**

**Fiber 0 grams**

**Protein 2 grams**

### Ingredients

- 50 g Butter (cut into 2cm squares)
- 400 g Cauliflower (cut into florets)
- 2 cloves Garlic (crushed)
- 10 g Parsley (chopped finely)
- 15 ml Pouring Cream
- 2 g Salt and Pepper

### Equipment

Blender

### Instructions

1. Chop up Cauliflower into small florets (along with some stem) and steam until soft in a steamer.
2. Once soft, Place in a blender (or food processor) with Butter, Garlic, Cream and salt and pepper to season, blend until consistency is smooth.
3. To Serve, pour into serving bowl and stir through the parsley chopped finely. You can also top with extra parsley