

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