



Mashed Cauliflower With Mushrooms

Visual Recipe
by DAREBEE

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1 - 1lb - 500g cauliflower
½ cup - 3oz - 100ml milk
7oz - 200g mushrooms
1 bell pepper
1 onion

LEVEL UP! Add ginger powder, garlic powder, soy sauce and sesame seeds.

2 PORTIONS

INSTRUCTIONS

1. Separate cauliflower into florets with your hands or using a knife and wash them well.

2. Add the florets to a cooking pot and cover with water. Cover the pot with a lid, bring water to a boil then lower heat to low. Simmer for 15 minutes or until the cauliflower florets are tender. Drain.

3. Combine cauliflower with cooking cream, season for taste, and mash with a fork - or a hand blender if you like it less chunky.

4. Cut mushrooms and onion into strips and bell pepper into bite-sized pieces. Add to a frying pan and cover with ½ cup of water. Add 1 tablespoon of each - ginger powder, garlic powder and soy sauce and lemon juice, if using. Season for taste. Bring to a boil then reduce heat to medium and saute until all the water has evaporated and the mushrooms begin to become golden brown and crisp up.

5. Transfer mashed cauliflower to a plate.

6. Top with mushrooms and peppers and sprinkle with sesame seeds.

