



Mashed Cauliflower

Visual Recipe
by DAREBEE
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1 - 1lb - 500g cauliflower
½ cup - 3oz - 100ml milk

LEVEL UP! Add cashews, spring onions and black pepper.

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. Transfer to a plate and garnish with spring onions and top with cashews.

1



2



3



4

