

Baked Cauliflower in Sauce



Discover our delicious recipe for Baked Cauliflower in Sauce. This vegetarian dish is easy to prepare and offers a burst of flavors, perfectly roasted and topped with a creamy sauce.

Preparation 5 min

Cooking 20 min

Servings 4

Nutrition Facts (per serving)

Calories 215

Fat 12

Carbohydrates 21

Fibre 6

Protein 17

Sodium 480

Ingredients

- 1 L (4 cups) low-sodium vegetable broth
- 1 cauliflower head
- 15 mL (1 tbsp.) margarine
- 15 mL (1 tbsp.) flour
- 250 mL (1 cup) milk or plant-based beverage
- 15 mL (1 tbsp.) Dijon mustard

- 15 mL (1 tbsp.) nutritional yeast
- 10 mL (2 tsp.) curry powder
- 1 clove of garlic, minced
- Pepper, to taste

Toppings (optional)

- 15 mL (1 tbsp.) pumpkin seeds
- 60 mL (1/4 cup) cubed feta cheese
- Grilled gusta sausage, sliced
- Fresh herbs of your choice (basil, rosemary, cilantro)

Preparation

1. Preheat the oven to 220°C (425°F).
2. In a large pot, bring the vegetable broth to a boil.
3. Add the whole cauliflower and simmer for 10 minutes.
4. In a small saucepan over medium heat, melt the margarine. Add the flour and whisk until combined.
5. Add the milk, Dijon mustard, nutritional yeast, curry powder, garlic, and pepper. Reduce the heat to low and whisk for about 2 minutes.
6. Place the cauliflower in an oven-safe dish and pour $\frac{3}{4}$ of the sauce over it.
7. Bake for 10 minutes. Remove from the oven.
8. Pour the remaining sauce over the cauliflower and, if desired, add the toppings.

Notes



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