

## Cauliflower Pasta Sauce

**Serves:** 5

**Prep time:** 5 minutes

**Cook time:** 15 minutes



1 serve per portion

### Ingredients

1 cauliflower

1 tablespoon margarine

¼ cup milk, reduced fat

Pepper to taste

150 g blue cheese (or to taste)

500 g pasta, prepared as per packet instructions

### Method

STEAM cauliflower until soft and then mash.

HEAT a frying pan over medium heat and add mashed cauliflower. Add margarine and milk and stir until it forms a smooth consistency.

ADD pepper and blue cheese to taste.

MIX sauce through cooked pasta and serve.



Everyday Food

*Recipe courtesy of Lyn Kelly, Ipswich Branch*