



Low-Carb Cauliflower Gratin

with Parmesan & Fried Onions



40-50min



2 Servings

When it comes to decadent sides, nothing tops a gratin. We've whipped up a veggie version that's sure to be a crowd pleaser! Cheddar-jack cheese combines with a tangy mixture of Dijon, butter, and lemon juice to create a luscious cheese sauce for chopped cauliflower. A flavorful topping of almonds, fried onions, and Parmesan finishes the gratin with savory crunch. Pop it in the oven and watch it become a cheesy masterpiece!

What we send

- 1 head cauliflower
- 1 oz sliced almonds ¹⁵
- ½ oz fried onions ⁶
- ¾ oz Parmesan ⁷
- ¼ oz granulated garlic
- 2 lemons
- ¼ oz baking soda
- 4 (2 oz) shredded cheddar-jack blend ⁷
- 1 (¼ oz) Dijon mustard

What you need

- kosher salt & ground pepper
- unsalted butter ⁷

Tools

- microwave
- 8-inch baking dish
- nonstick cooking spray
- medium skillet

Allergens

Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 780kcal, Fat 62g, Carbs 24g, Protein 40g



1. Prep cauliflower

Preheat oven to 400°F with a rack in the center. Trim stem end from **cauliflower**, then cut crown into 1-inch florets. Place in a large microwave-safe bowl; season with **salt** and **pepper**. Cover and microwave until cauliflower is just tender, 5–7 minutes, stirring halfway through.

Cool slightly, then drain off **any excess water**.



4. Make cheese sauce

While maintaining a gentle simmer, add **cheddar-jack cheese** in small increments, whisking constantly to incorporate each addition before adding the next, until a smooth, glossy sauce forms.

Whisk in **mustard** and **1 tablespoon butter** until smooth; season with **pepper**. Add **cauliflower** and mix until evenly coated.



2. Make topping

Microwave **1 tablespoon butter** in a small bowl until melted. Finely grate **Parmesan**, if necessary.

On a cutting board, toss together **almonds**, **fried onions**, and **Parmesan**. Chop until mixture is the size and texture of breadcrumbs. Transfer to bowl with melted butter and add **¼ teaspoon granulated garlic**; mix well.



5. Bake

Transfer **cauliflower** to prepared baking dish and spread in an even layer; sprinkle over **almond mixture**. Bake on center rack until **topping** is browned and **sauce** is bubbling, 25–30 minutes. Rest for 5 minutes before serving. Enjoy!



3. Begin cheese sauce

Grease an 8-inch baking dish with nonstick spray. Squeeze **¼ cup lemon juice**.

In a medium skillet, whisk together **lemon juice** and **¾ teaspoon baking soda**; set aside until foaming dissipates, 1–2 minutes. Add **½ cup water**; bring to a simmer over medium-high heat. Lower heat to maintain a gentle simmer.



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