

# DINNERLY



## Low-Carb Baked Cauliflower

### "Mac" & Cheese



40-50min



2 Servings

Get your mac and cheese vibes without the carbo-load! We replaced the pasta with tender baked cauliflower smothered in a creamy cheese sauce. Add crispy breadcrumbs on top and think to yourself: "What CAN'T cauliflower do?" We've got you covered!



## WHAT WE SEND

- 1½ lbs cauliflower
- 2 (1 oz) cream cheese <sup>7</sup>
- 1 pkt Dijon mustard <sup>17</sup>
- 2 (¼ oz) cornstarch
- 1 oz panko <sup>1,6</sup>
- 2 (2 oz) shredded cheddar-jack blend <sup>7</sup>

## WHAT YOU NEED

- olive oil
- garlic
- 1 cup milk <sup>7</sup>
- kosher salt & ground pepper
- butter <sup>7</sup>

## TOOLS

- rimmed baking sheet
- medium ovenproof skillet

## ALLERGENS

Wheat (1), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

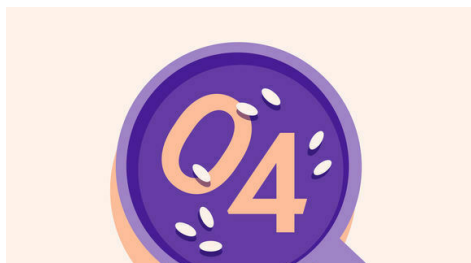
Calories 740kcal, Fat 56g, Carbs 37g, Protein 27g



### 1. Broil cauliflower

Preheat broiler with racks in the center and upper third.

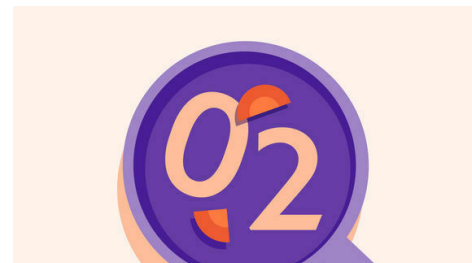
Trim end from **cauliflower**; cut crown into 1-inch florets. Toss on a rimmed baking sheet with **2 tablespoons oil**; season with **salt and pepper**. Broil on upper oven rack until softened and browned in spots, stirring halfway through cooking time, 10–12 minutes. Remove from oven. Switch oven to 375°F.



### 4. Assemble & bake

To skillet with **cheese sauce**, fold in **cauliflower** until evenly coated; season to taste with **salt and pepper**. Sprinkle **toasted panko** over top.

Bake on center oven rack until cauliflower is tender and sauce is bubbling, 25–30 minutes.

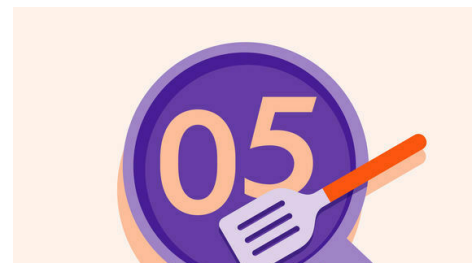


### 2. Prep sauce & breadcrumbs

Crush **2 large garlic cloves**.

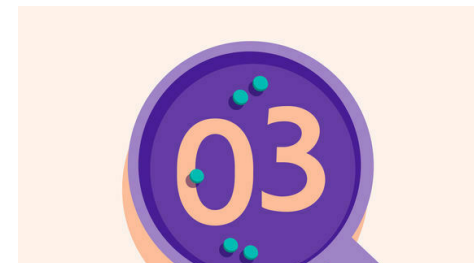
In a liquid measuring cup, whisk **all of the cream cheese, Dijon, 1½ tablespoons cornstarch, 1 cup milk, ½ cup water, ½ teaspoon salt, and ¼ teaspoon pepper** until smooth.

In a medium ovenproof skillet over medium heat, melt **1 tablespoon butter**. Add **¼ cup panko** (save rest); cook, stirring, until golden-brown, 3–4 minutes. Transfer to a plate.



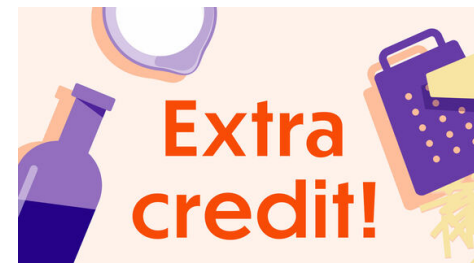
### 5. Serve

Let **baked cauliflower "mac" & cheese** rest for 5 minutes before serving. Enjoy!



### 3. Make cheese sauce

To same skillet, add **1 tablespoon butter** and **crushed garlic**. Cook, stirring, until garlic is light golden-brown and fragrant, 1–2 minutes. Stir **milk mixture**, then whisk into melted butter. Bring to a boil over high heat; cook, whisking constantly, about 1 minute. Remove from heat and remove garlic cloves, if desired; whisk in **all of the cheese** until smooth.



### 6. Did you know?

Research shows that about ⅓ of food in US grocery stores is thrown out. Here at Dinnerly, we only buy what we need, when we need it, which is why <1% of our food goes to waste. On top of that, we're committed to cutting our food loss and waste by another 50% by 2030.