



CAULIFLOWER RISOTTO

For 2 small servings or 1 large serving:

- ½ medium head of cauliflower
- 1 tablespoon extra virgin olive oil
- 2 cups baby spinach leaves, chopped roughly
- 1 tin cannellini beans, drained (or 2 cups cooked)
- ½ - 1 cup vegetable broth
- 2 cloves garlic, crushed (or teaspoons minced garlic)
- 1 large onion, diced
- 2-3 tablespoons sundried tomatoes in oil (drained)
- 1 tablespoon capers
- ½ teaspoon fresh thyme
- Toasted pine nuts, to serve
- Fresh parmesan cheese, to serve

Chop up roughly the cauliflower and placed into a food processor or blender, and pulse until broken down to look like the size of rice.

In a medium size pot, heat the EVOO over medium heat and add the onion, garlic and thyme – saute for 2-3 mins or until the onion is transparent and is fragrant.

Place ½ of the beans and ½ cup of the vegetable broth into the pot and simmer for 5 mins.

With a hand held blender, gently blend until the mixture is creamy and smooth (if you don't have a hand held blender place into a normal blender and process until smooth, then place back into the pot).

Add the cauliflower, sundried tomatoes, rest of beans and spinach – cover the pan with a lid and allow to simmer for a further 5 mins.

Add to serve add the capers, garnish with the pine nuts and grate some fresh parmesan if desired.

Tips:

- * You could add in some other vegetables – mushrooms, corn, asparagus
- * Even try a few different types of mushrooms in the one mixture

Enjoy!!!