

Baked Cauliflower & Fennel

While it is tempting on our current raw kick to use up all these ingredients raw, (remember Mandy's amazing coronation cauliflower recipe?!) this bake turns these sometimes maligned veggies into sweet, warm and caramelly nuggets of naughtiness. Serve with your curried dahl from January, with a roast dinner, or add some extra bits (such as tofu, sausages or bacon) to the bake for a meal on its own, along with some steamed cabbage or other greens.

Serves 4

- 1 cauliflower, cut into florets**
- 1 large fennel bulb, sliced across**
- 4-5 tbsp olive oil**
- 1-2 slices stale bread**
- 2 cloves garlic**
- good handful grated parmesan**
- 2 tbsp parsley**
- salt & black pepper**



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Preheat the oven to 200C. Mix the cauliflower and fennel in a large bowl and drizzle in two or three tablespoons of oil and season well. Toss the veg around to ensure a good coating. Spread the veg onto a baking sheet and bake for 10-15 minutes. Shake the veg so the other side has a chance to cook and brown evenly, and put back in the oven for another 10 minutes, until tender and turning golden all over. Meanwhile grate the stale bread or bash it up into crumbs, and crush the garlic. Heat the rest of the oil in a frying pan, and sauté the bread and garlic for a minute or two until golden. Remove from the heat and mix with the Parmesan and parsley, and season with a little salt and a good grate of black pepper. Sprinkle over the top of the veg and pop back in the oven until the topping is golden.



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