

Prep time: 15 minutes  
Cook time: 20 minutes  
Total time: 35 minutes  
Serves 2-4 people

**INGREDIENTS:**

- 550 g broccoli and cauliflower
- 1 tablespoon olive oil
- 1 tablespoon garlic crushed
- Salt and pepper
- 100 ml ina pärmens reduced fat cheese sauce
- 25 g kj controlled mozzarella grated
- 25 g cheddar grated

**INSTRUCTIONS:**

1. Boil your broccoli and cauliflower for 5 minutes.
2. In your Megamaster Round Pan, sauté olive oil, garlic, and onion until translucent.
3. Add your broccoli and cauliflower and allow to cook for 2 minutes while mixing well.
4. Top with your cheese sauce, salt and pepper, and grated cheese.
5. Place on your braai for 15 minutes till the cheese is melted and golden brown.



# CAULIFLOWER AND BROCCOLI BAKE RECIPE

## Suitable for a healthy side dish.

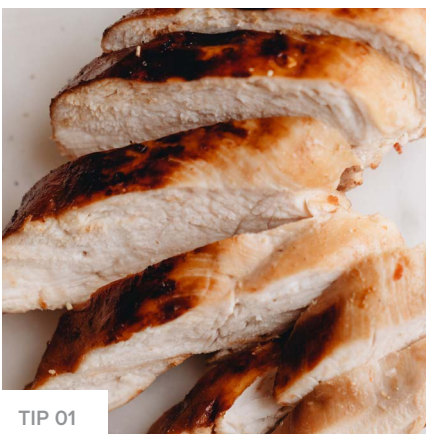
Made by transformation coach @betterwithbalance, this braai veggie bake is delicious, and easy on the budget and on the figure.

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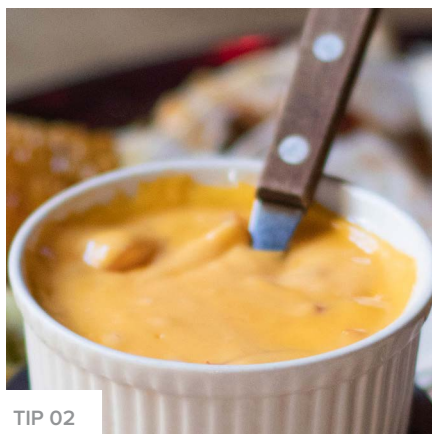


# MEGAMASTER RECIPE TIPS



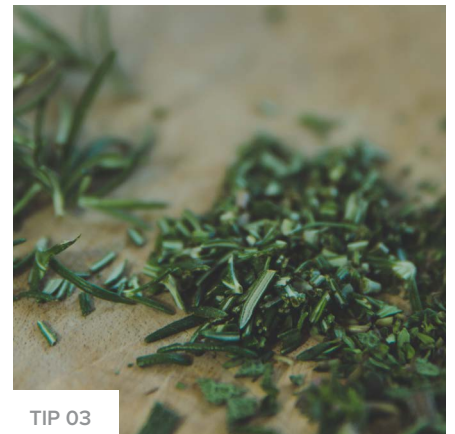
TIP 01

To turn it into a meal add sliced chicken and serve with rice.



TIP 02

Alternatively you can always make your own cheese sauce.



TIP 03

Add your favourite fresh herbs for extra taste.