THE LIGHTER PLATE METHOD

Cauliflower-Topped Beef Bake

A savoury beef base under a soft, garlicky mashed cauliflower topping.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
20 min	**20 min**	**40 min**	**4**	**EASY**

Ingredients

- 800 g cauliflower (florets only)
- 400 g beef mince
- 1 egg (lightly beaten)
- 4 cloves garlic (crushed)
- 1 large onion (finely chopped)
- 2 tomatoes (seeded and diced)
- 1 tsp dried oregano
- 1 tbsp flat-leaf parsley (chopped)
- 1 tbsp chives (chopped)
- 100 ml single cream

Method

1. Cook the cauliflower until soft, then mash with a fork.
2. Sauté half the onion and garlic, add the mashed cauliflower, season, stir in the cream and set aside.
3. In another pan, sauté the remaining onion, garlic and tomato, add the mince and oregano, and cook until browned and the liquid has evaporated. Stir through the parsley and chives.
4. Spread the meat in a baking dish and cover with the cauliflower mash.
5. Bake at 180°C (fan 160°C) for 15–20 minutes, until golden.

Tips & swaps

- This freezes well before baking — just add 10 extra minutes from frozen.

Storage & reheating

Keeps in the fridge for 3 days or freezes for up to 2 months.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
320	**24g**	**10g**	**20g**	**4g**

Estimated values, for guidance only. Contains: Egg, Milk.