THE LIGHTER PLATE METHOD

Creamy Cauliflower & Cashew Purée

Cashews simmered in with the cauliflower give this purée real body without any dairy needed.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**35 min**	**45 min**	**6**	**EASY**

Ingredients

- 1 large cauliflower (broken into florets)
- 1 handful cashew nuts
- 1 x 400ml tin coconut milk
- 1 tsp sea salt
- 1 pinch black pepper

Method

1. Put the cauliflower in a pot with enough water to come halfway up.
2. Add the coconut milk and cashews, stir and bring to the boil.
3. Cover and simmer over a low heat for about 30 minutes, until the cauliflower is very soft.
4. Season with salt, then mash to the consistency you like — chunky with a fork, or smooth with a blender.

Tips & swaps

- A good alternative to mashed potato alongside a roast.

Storage & reheating

Keeps in the fridge for 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
180	**4g**	**8g**	**15g**	**4g**

Estimated values, for guidance only. Contains: Tree nuts (cashews).