

## CRISPY VEGETABLE GRATIN

*This recipe is a super way of serving vegetables to children who do not like them plain.*

### **Makes 4 servings**

225 g (8 oz) cauliflower, cut into florets  
225 g (8 oz) broccoli, cut into florets  
30 g (1 oz) butter or margarine  
300 ml (½ pint) milk (full-fat or semi-skimmed)  
1 tbsp (15 ml) cornflour  
1 tsp (5 ml) Dijon mustard  
85 g (3 oz) mature Cheddar cheese, grated  
2 tbsp (30 ml) flaked almonds or sesame seeds

- 1 Cook the cauliflower and broccoli in a little fast-boiling water for 5 minutes. Drain and reserve the liquid.
- 2 Melt the butter in a saucepan.
- 3 Blend the cornflour with a little of the milk. Gradually add the remaining milk. Add to the melted butter, stirring constantly over a low heat, until the sauce thickens. Mix in the mustard and half of the cheese.
- 4 Arrange the vegetables in a baking dish and pour over the sauce. Sprinkle with the remaining cheese and almonds or sesame seeds.
- 5 Place under a hot grill until golden brown.