

cooking is fun

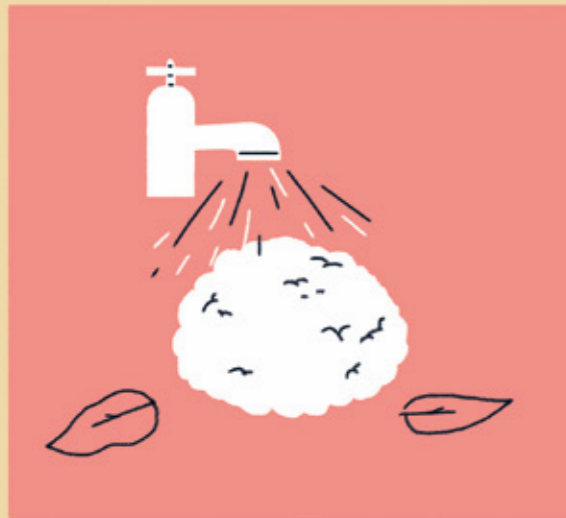
Cool Cauli-Burgers

Turn a cauliflower into tasty burgers in just a few steps.

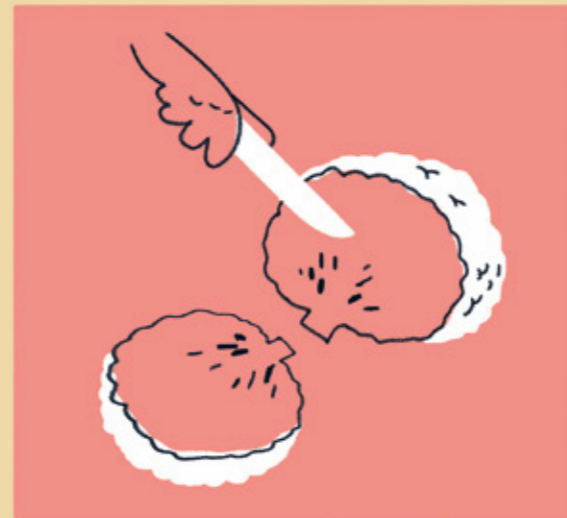
What you will need:

- 1 cauliflower
- Cooking oil (such as olive oil)
- 3 burger buns

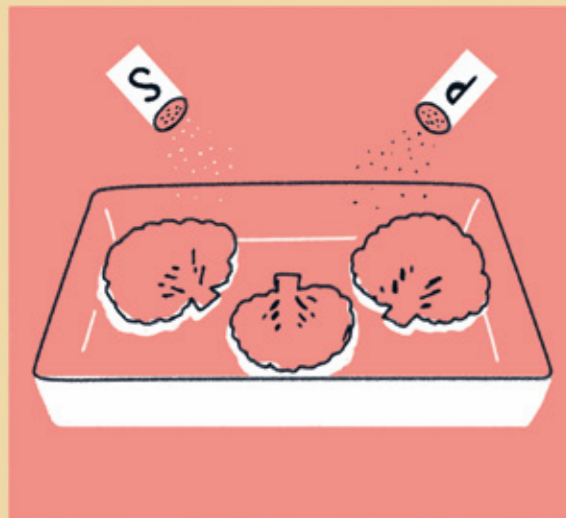
- 2 tomatoes
- 6 slices of cheese
- Salt and pepper



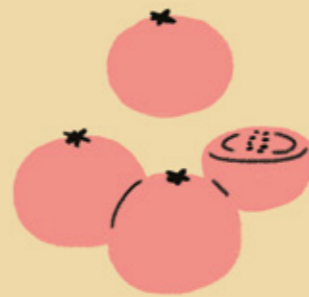
1. Preheat the oven to 200°C, gas mark 6. Remove the stem from the cauliflower and all the green leaves around it, then rinse thoroughly. Dry with a clean towel or kitchen paper.



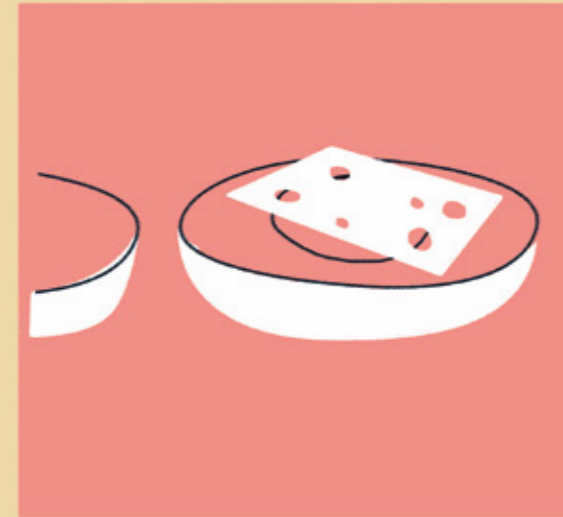
2. Cut the cauliflower into three thick slices of roughly equal sizes.



3. Place the cauliflower slices in an oven dish. Drizzle a little oil over them and sprinkle over some salt and pepper. If you like spices, you could add cumin, coriander or even chilli powder! Bake for 15 minutes.



Fact: The first cauliflowers came from Turkey!



4. While the steaks are baking, cut the tomatoes into slices. Butter the burger buns (if you wish) and lay one slice of tomato on the base of each bun, followed by one slice of cheese.



Fact: Most cauliflowers are white but there is a purple variety too!



5. Take the cauliflower out of the oven. Now place one slice on top of each slice of cheese in the buns. Add another slice of tomato and cheese and top with the burger lids.



6. Add lettuce, tomato sauce, onions, pickles or even mustard, depending on your taste. **Share your three cauli-burgers with two friends!**



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