



The Gathered Green

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CAULIFLOWER & LEEK MASH

Thank you to holisticallyengineered.com for this recipe and picture.

Serves 4

Ingredients

- 1 small head of cauliflower cut into florets
- 1 cup of chicken or vegetable stock (homemade or additive free)
- 3 pieces of bacon, diced
- 1 leek, thinly sliced
- 3 cloves garlic, minced
- 1- 2 tablespoons butter
- ¼ cup fresh parsley, chopped





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Method

Place cauliflower and stock in a pot with a tight-fitting lid. Bring to boil, then simmer until cauliflower is tender and mashes easily.

Meanwhile, heat a heavy bottomed pan over medium-low heat. Add bacon and cook until crispy. Once bacon is cooked, set bacon bits aside, leaving bacon fat in the pan. Let bacon fat cool slightly.

While cauliflower is cooking, add leeks to the bacon fat and sauté over medium heat. Sauté leeks until soft, about 5 minutes.

Add garlic and sauté for a minute or two until fragrant, set aside.

Once cauliflower is ready, mash down with a fork and add leek/garlic sauté and butter to pot. Use 2 tablespoons of butter if you prefer a creamier consistency. Use an immersion blender to thoroughly mix to desired consistency.

Mix in chopped parsley with a fork.

Top with bacon and serve.

Enjoy!

Jane

