



Creative ways to cook with cauliflower

Craving nutty flavours and creamy textures – but also want to add more vegetables to your meal? Cauliflower can do both.

It's not often that a vegetable as seemingly simple as a cauliflower can surprise you with so many different creative uses.

From the sophisticated nutty flavour it takes on when baked or roasted, to the delicious creaminess it embodies when steamed or blended, the white cruciferous staple is packed with versatility and vitamins – particularly fibre and B-vitamins.

Tuck into these delicious creamy and cheesy cauliflower recipes and give the unassuming vegetable a well-deserved centre-stage spot in your home kitchen this winter...

Cauliflower baked in the oven

Simple but unbeatable, this baked cheesy cauliflower recipe lets the vegetables do the talking. With a delicious selection of seasonings and the perfect cooking technique in your NEFF oven, you'll be left with a new family favourite. The recipe uses added steam which means there is no need to par-boil your cauliflower. Simply put all your ingredients on one tray and let your oven do the work for you.

The perfect salad ingredient

Roasted cauliflower makes a great addition to a salad, especially in autumn and winter where a plate of leafy greens may not feel so inviting. This [pumpkin, quinoa and pomegranate salad](#) incorporates roasted cauliflower florets for a nutty, warming addition.

Soup up your soups

Add steamed cauliflower to your warm winter soups and blend fully to give them a light yet creamy consistency. The soft and creamy nature of the cauliflower will help bulk up your recipe with creamy textures and loads of nutrients – without ruining the flavour profile of your original recipe. Try adding half a cauliflower head to the NEFF pumpkin soup recipe.

[Cauliflower mac and cheese](#)

There's nothing like a hearty comfort meal on a cold winter's evening. But we can't quite live on mac and cheese alone until the spring comes... Give your family favourites an indulgent, nutrient-rich makeover by replacing the pasta element with seasoned cauliflower. You can even go half pasta and half cauliflower to sneak those veggies in – great for fussy eaters who don't like vegetables.

Have you tried making [cauliflower pizza bases](#)?

Gluten-free home cooks around the world will know this trick well – replace your flour with chopped cauliflower and you can make a delicious pizza base that pairs perfectly with a selection of toppings and cheeses. And it's super simple to make – simply combine cauliflower with eggs, cheese and seasoning in a food processor for a [melt-in-your-mouth crust](#).