



Quick Broccoli & Cauliflower Cheesy Melt

Serves 1

Time: 10 minutes

Ingredients :

2 large handfuls/150g broccoli and cauliflower florets (can be from frozen), cut up small

1 small/35g red onion, peeled and thinly sliced

2 tablespoons/40g cooked lentils (easiest is drained from a can/tin)

1 tablespoon/15mls extra virgin olive oil

Half handful/25g grated mozzarella or other grated firm cheese

Big pinch each Salt and pepper

Optional - 1 tablespoon chopped almonds

Method:

Pop the onions, cauliflower and broccoli florets into a microwave-proof lunch bowl. Top the bowl with a plate, and put into the microwave. Cook on high for approximately 3 minutes, then stir around, then cook on high for another approximately 3 minutes. Alternatively steam the onions, cauliflower and broccoli florets for 4-5 minutes until just soft.

Once the florets are cooked, bring the hot bowl carefully out of the microwave and add the rest of the ingredients. Toss around to melt the cheese in the hot vegetables.

The oil, salt, pepper and cheese should make a sort-of-sauce as the cheese melts. If you wish sprinkle some chopped almonds over the top for added protein and crunch.

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