

Baked Cauliflower in Sauce

Discover our delicious recipe for Baked Cauliflower in Sauce. This vegetarian dish is easy to prepare and offers a burst of flavors, perfectly roasted and topped with a creamy sauce.



Preparation 5 min

Cooking 20 min

Servings 4

Nutrition Facts (per serving)

Calories 215 kcal

Fat 12 g

Carbohydrates 21 g

Fibre 6 g

Protein 17 g

Sodium 480 mg

- 15 mL (1 tbsp.) flour

- 250 mL (1 cup) milk or plant-based milk

- 15 mL (1 tbsp.) Dijon mustard

- 15 mL (1 tbsp.) nutritional yeast

- In a large pot, bring the vegetable stock to a boil.

- Add the whole cauliflower and simmer for 10 minutes.

- Pepper to taste

- In a small saucepan over medium heat, melt the margarine. Add the flour and whisk until combined.



Gabrielle Simard

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