



Brainy Brussels

Kia ora koutou,

Cabbage, cauliflower, brussel sprouts, broccoli and kale belong to the brassica family, sometimes also known as cruciferous vegetables. Many of us will remember how our parents or grandparents prepared, cooked and possibly grew them when we were growing up. Cauliflower and broccoli are fun to grow, it is amazing to watch them begin as tiny seedlings to lush, green mini-trees ready for nourishing and eating!

All of these vegetables are high in fibre, vitamin C, and phytochemicals and offer small amounts of other vitamins and minerals— a great addition to any meal and can be prepared in many different ways.

Broccoli and cauliflower cheese

- 2 cups broccoli/ cauliflower, chopped (can use either or a mixture, fresh or frozen)
- 2 cups milk
- 2 tablespoons cornflour
- 1 teaspoon mustard (powder or prepared)
- ½ teaspoon stock powder
- 1 teaspoon salt
- Pepper to taste
- 2 cups Edam cheese, grated

Preheat oven to 180°C. Steam broccoli and cauliflower for 5-7 minutes in the microwave or on the stove top. To make the cheese sauce- in a saucepan, mix milk, cornflour, mustard, stock powder, salt and pepper together, whisk to combine. Add $\frac{3}{4}$ of the cheese, stirring with a spoon as it melts. Transfer broccoli/cauliflower and cheese sauce into ovenproof dish and sprinkle with remaining cheese. Cook for 15 minutes or until golden and heated through.

Caramelised Brussels Sprout Chips

- 1 to 2 cups (250g) brussels sprout
- 1 tablespoon cooking oil
- 1 teaspoon garlic powder
- Salt and pepper to taste
- 1 – 2 tablespoon grated parmesan (optional)
- Salad dressing for dipping*

1. Preheat oven to 200°C.
2. Trim off a little of the stem end of the brussels sprouts, then cut them lengthwise into halves.
3. In a large bowl, mix the halved brussels sprouts with oil, garlic powder, salt and pepper, and Parmesan cheese if using. Toss to coat evenly.
4. Spread the brussels sprouts into a single layer on a baking tray lined with baking sheet. Bake 10 minutes, toss, and bake 8 to 10 minutes more, until crisp and golden. Serve with your favourite sauce for dipping*—it goes well with Caesar dressing, sweet chili sauce, or Thousand Island.

Ngā mihi nui,
Beyning