



Whole Baked Cauliflower with Tomato Sauce

List of ingredients

2 teaspoons oil
1 onion, peeled and sliced
2 cloves garlic, peeled and chopped
1 cauliflower, leaves removed and stem chopped
Two 420gm tins chopped tomatoes
Large handful parsley, roughly chopped leaves and finely chopped stems
1 tablespoon vinegar

This dish reheats very well if you want to prepare in advance.

Feeds 6 people.

How to cook the dish

1. Find a big pot that will fit the whole cauliflower, leaving an inch around the outside.
2. Add the oil, onion, garlic and chopped cauliflower stem.
3. Slowly fry for 10 minutes until softened and with a little colour.
4. Add the parsley stems and tinned tomatoes. Half fill one of the tins with water and add that to the pan with vinegar.
5. Stir everything together, breaking down the tomato lumps. Bring to the boil.
6. Take the cauliflower and push it down into the sauce.
7. Put the lid on and let it cook over low heat for about 30 minutes or until cooked to the texture you like.
8. Serve sprinkled with chopped parsley leaves.