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Cauliflower casserole

INGREDIENTS

1 cauliflower (600 g)

1 l water

2-3 tablespoons vegetable broth

50 g margarine

50 g flour

200 ml milk

Nutmeg

salt, pepper

2-3 tablespoons Parsley

INSTRUCTIONS

Bring the cauliflower florets to the boil in vegetable stock, let them boil for about 5 minutes, drain them and collect the liquid. Put the cauliflower aside. Sauté the margarine with flour in the pot and deglaze with the vegetable broth to make a light roux. Pour in the milk and let it simmer, season to

taste with the spices. Go as you like 1-2 tablespoons. Add parsley. Spread the cauliflower florets in an oven dish. Pour the sauce over them, sprinkle with grated cheese. Cook the casserole on the middle rack at 200°C for 30 minutes.