

Cauliflower Grilled Cheese Sandwiches

INGREDIENTS

- 1 head of cauliflower, cut into small florets and stem removed
 - 1 large egg
 - 1/2 cup shredded Parmesan cheese
 - 1 tsp Italian herb seasoning
 - Salt and pepper
- (Coconut flour - optional)



NOTE: I use this for my braai pie.

Place sandwich on foil and place on braai

You can add anything to your sandwich, I love creamed spinach with mushroom and bacon.

METHOD

Preheat oven to 160C.

Place cauliflower into pot and boil for about 10 - 15 minutes until soft and tender. Drain all the water and use a cheese cloth to squeeze excess water from cauliflower.

With a fork mash the cauliflower and add in egg, parmesan and seasoning. Stir to combine until smooth paste forms. You can add some coconut flour if your mixture is too wet. Place onto large baking sheet lined with baking paper. Using your knuckles and fingers, to even out the mixture to about shape into square bread slices about 0.5 - 1 cm thick. Bake cauliflower bread for about 15-18 minutes or until golden brown. Remove from oven and let cool a few minutes. **DO NOT WORK WITH IT WHEN HOT.**

Carefully slide cauliflower bread off baking paper. Now you are ready to assemble your sandwiches. Add any filling you like.

Place sandwiches into toaster oven for 5-10 minutes until cheese is completely melted and bread is toasty.



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