

## Broccoli Cheese bake



Serves	Prep Time	Cooking	Total Time	Calories
<b>0 people</b>				<b>528 kcal</b>

### Stuff that's in it:

- 500G Maris Piper Potatoes (Peeled And Sliced )
  - 1/2 Tsp Sweet Paprika
  - 1 Tsp Garlic Granuals
  - 1 Tbsp Olive Oil
- 200Ml Skimmed Milk (Warm)
- 15G Fresh Parmesan (Grated )
  - 20G Butter (Lighter )
  - 15G Plain Flour
- 1/2 Tsp English Mustard
- 25G Low Fat Cheese
- 50G Dried Soya Chunks
- 50G Red Pepper (Chopped Into Small Chunks )

### What you do:

What you do

Start by slicing you potato into thin slices(not paper thin, just enough to get a little crisp on the edges) then  
Pat dry

Add them to a bowl with the paprika and garlic granuals and toss All over

Add to your air fryer for around 29 minutes (or bake for around 25 mins or until crispy ?in the oven at 200c)

Add 50g of dried soy chunks to 150ml of water and allow to soak up for around 15 mins

Mean while make the sauce

Warm up your milk in the microwave first for 1 minute

Then add the butter to a small pan, heat and clarify so it's clear , then add the flour and using a small whisk , blend until you have a paste

Add the milk very slowly and continue to whisk , allowing it to come to a simmer as you do

Then add the Parmesan and cheese , melt through , add the mustard , then stir in the soy chunks. Loosen slightly with almond milk , milk or water if too thick , you want a saucy consistency to pour over the potatoes

Cook the broccoli ( I like to lightly steam)

Serve the sauce over the cooked potatoes with the broccoli

### **Nutrition**

- Carbs: 62g
- Fat: 17g
- Protein: 31g
- Fibre: 13g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

[www.fitfastcook.com](http://www.fitfastcook.com)