

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Hot Cauliflower Salad

### Ingredients

*500g of cauliflower cut into florets*

*1 tbs of olive oil*

*3 bacon rashers*

*1 small red capsicum*

*1 small green capsicum*

*4 mushrooms*

*5 green shallots*

*1 cup of mayonnaise (full fat only, not from seed oils)*

*1 cup of sour cream*

*1 cup grated cheddar cheese*

### Method

1. Pre cook the cauliflower in the microwave and place in a baking tray.
2. Cut up the bacon, capsicum, mushrooms and shallots and fry in the olive oil. When softened turn off the heat.
3. Mix the mayonnaise and sour cream together.
4. Combine mayonnaise and sour cream mixture with bacon mixture in the fry pan (with the heat off).
5. Stir through the cauliflower and top with the grated cheese and place in preheated oven (180 degrees C) for 15 minutes or until cheese is golden brown.

**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

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**Serves** 4



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