Cauliflower rolls

Serves: 40 party rolls
Heat oven to 200 °C.

1 head of cauliflower, cut into flowerettes. Steam (or boil) until tender
4 silverbeet leaves. Chop stalks and cook with cauliflower. Shred leaves finely
2 cups pasta, cook in pot of boiling water until al dente
1 packet ready rolled sheets of puff pastry
a little milk to brush the pastry

The Cheese Sauce

1 medium onion, chopped
30 grams butter
4 tbs plain flour
2 cups milk
1 tsp mustard (wholegrain or Dijon)
Salt and pepper to taste
1 cup tasty cheese

Chop onion finely and place in saucepan with butter. Cook until onion is transparent. Stir in the flour to the butter mixture and cook for 1-2 minutes. Gradually add the milk stir constantly until the mixture thickens. Add salt and pepper and cheese. If mixture isn’t thick enough, add some more cheese.

In a large bowl, mix the cauliflower, silverbeet, cooked pasta and cheese sauce. Set aside.

Cut each pastry sheet in half lengthwise and place cauliflower mixture along the centre. Not too much, cover the middle third of the sheet. Brush one edge of pastry with milk and roll from other edge to paste together. Cut in half and then half again – 4 rolls.

Brush each roll with a little milk and bake over for 15-20 minutes.