

LEFTOVER CHEESEBOARD SOUFFLÉ



A delicious way to use up odds and ends of cheeses left over from a party. Bake in a large Hokan Bowl for hungry mouths to help themselves or bake in small Hokan Bowls for individual servings. Half the recipe and use a medium Hokan Bowl if it's just the two of you. Serve with crispy green salad for lunch or crunchy green beans and a pepper sauce for dinner. Short on time? Make a twice baked version in advance. An easy supper to store in your Hokan Bowl; fridge or freezer and pull out when your ready to eat!

3 eggs*

whites

20g brown self-raising flour

150ml skimmed milk

pinch cayenne pepper

150g leftover cheese, grated

3 tbsp egg

lemon juice

2 tbsp olive oil

1 tsp mustard

Cook
time: 25
minutes

*substitute the eggs for egg whites for a healthier, protein-packed version 3 tsbps of egg whites equate to 1 egg

Preheat your oven to 180°C. Spray your Hokan bowl with oil then coat with 20g of your grated cheese and set aside. On a low heat take a non-stick pan, add one tbsp oil, mix in the flour until smooth, and cook for 2 minutes to a roux. Slowly add the milk, whisking, so the consistency is lump-free. Mix in the cheese, mustard and cayenne and keep on this low heat, stirring, for 4 minutes. Take this mixture off the heat and crack the eggs yolks into it, stirring to a silky paste. Keep the whites in a separate mixing bowl, add the lemon juice and whisk until they form soft peaks, as you would do when making meringue, and be cautious not to over- whip. Gently fold in the egg whites to your cheese roux then pour the mixture into your Hokan bowl and place, without the lid, on the middle shelf of your preheated oven. Cook for 25 minutes and serve. The bowl will be hot so take care when handling and protect surfaces that are likely to be damaged by heat.

One serving: Calories 212, Fat(g); 10.9, Saturated(g); 1.1, Sodium(mg); 32.4, Potassium(mg); 120, Carbs(g); 35.4, Fibre(g); 3.5, Sugars(g); 7.8, Protein(g); 5.2, Vitamin A (%); 1.2, Vitamin C(%); 6.2, Calcium(%); 10.7, Iron(%); 2.6*

**(vitamin percentage based on a 2000 calorie/day diet)*

46% fat - 43% carbohydrates - 11% protein

