



# Cauliflower-Cheese Pie with Grated Potato Crust (Gluten free)

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## Crust:

2 cups (packed) grated raw potato

1/4 cup grated onion

½ tsp salt

1 egg white, lightly beaten

Coconut flour for your fingers

A little oil

## Filling:

1 tbsp olive oil

1 cup chopped onion

2 medium cloves garlic, minced

½ tsp salt

Black pepper, to taste

½ tsp basil

¼ tsp thyme

1 medium cauliflower, in small pieces

2 eggs

¼ milk/ coconut milk/ coconut water

1 cup (packed) grated cheddar

Paprika



### Method:

Preheat the oven to 200 degrees C. Oil a pie/quiche dish.

Combine grated potato and onion, salt, pepper and egg white in a small bowl and mix well. Transfer to the pie dish and pat into place with lightly floured fingers, building up the sides into a handsome edge.

Bake for 30 minutes, then brush the crust with a little oil and bake it 10 more minutes. Remove from the oven and turn the temperature down to 180 degrees.

Heat the olive oil in a large skillet. Add onion, garlic, salt, pepper and herbs and sauté over medium heat for about 5 minutes. Add the cauliflower, stir and cover. Cook until tender, stirring occasionally (about 8-10 minutes).

Spread half the cheese onto the baked crust (Ok if it's still hot). Spoon the cooked vegetables on top, then sprinkle on the remaining cheese. Beat the eggs and milk together and pour this over the top. Dust lightly with paprika.

Bake 35-40 minutes, or until set. Serve hot or warm.

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