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# Cheesy Broccoli-cauliflower Bake With Creamy Garlic Sauce

1 medium-sized broccoli  
400 grams cauliflower  
1 teaspoon salt  
2 tablespoons milk  
1 onion, finely chopped  
130 grams paprika, diced  
2 tomatoes, sliced  
3 eggs  
5 tablespoons sunflower oil  
130 grams flour  
400 ml milk  
A handful of dill and parsley,  
chopped  
150 grams cheese, grated  
3 tablespoons mayonnaise  
3 tablespoons yogurt  
2 cloves of garlic, minced

- 1 Preheat the oven to 180°C (350°F).
- 2 Blanch broccoli and cauliflower florets in boiling water with salt for 2 minutes. Drain and set aside.
- 3 Sauté onion in sunflower oil until golden. Mix with paprika.
- 4 Beat eggs, 5 tablespoons sunflower oil, flour, and half of the milk until smooth. Gradually add remaining milk, stirring constantly.
- 5 Add dill, parsley, and half of the grated cheese to the egg mixture.
- 6 Combine mayonnaise, yogurt, garlic, and herbs in a separate bowl.
- 7 Layer blanched vegetables in a baking dish. Pour the egg mixture over them and arrange tomato slices on top. Sprinkle with remaining cheese.
- 8 Bake for 40 minutes. Serve with garlic herb sauce.