

FREE RECIPE EBOOK

Cheesy Comfort Recipes

5 golden, melty dinners from our oven

Golden Crust Kitchen · allmuffins.com

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Some nights only melted cheese will do. These five easy recipes from our kitchen bake until golden and bubbling: crispy cauliflower bites, stuffed mushrooms, a salmon and broccoli loaf, cauliflower steaks topped like a pizza and a potato bake with sweet caramelized onions.

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Cheesy Cauliflower Bites

PREP	COOK	SERVES
15 min	15 min	3 (about 12 bites)

Five ingredients, crisp golden edges and a soft cheesy center. Perfect as a snack or a side.

INGREDIENTS

- 1/2 head cauliflower
- 7 oz (200 g) shredded mozzarella
- 1 egg
- 2 tbsp cornstarch
- Salt and black pepper

INSTRUCTIONS

1. Heat the oven to 425°F (220°C) and line a baking sheet with parchment.
2. Wash the cauliflower, pat it dry and chop it very finely. Put it in a large bowl.
3. Add the mozzarella, egg, cornstarch, salt and pepper and mix well with a fork.
4. Shape into small balls and space them out on the baking sheet. If the mixture is too dry to hold together, add a second egg.
5. Bake for 10 to 15 minutes, until golden brown and crisp. Serve warm.



Cheesy Chicken Stuffed Mushrooms

PREP	COOK	SERVES
15 min	20 min	3

Big mushroom caps filled with a garlicky chicken mixture and baked under a golden cheese crust.

INGREDIENTS

- 6 large white mushrooms
- 1 tbsp cooking oil
- 2 garlic cloves, minced
- 7 oz (200 g) ground chicken
- 2 tbsp chopped fresh parsley
- 1 tbsp mayonnaise
- Salt and black pepper
- 1 cup shredded melting cheese

INSTRUCTIONS

1. Heat the oven to 375°F (190°C). Twist off the mushroom stems and gently hollow out the caps with a spoon.
2. Finely chop the stems and sauté them with the garlic in the oil for 3 minutes.
3. Mix the chicken, sautéed stems, parsley, mayonnaise, salt and pepper.
4. Set the caps on a parchment-lined tray and put a pinch of cheese in each one.
5. Fill the caps with the chicken mixture and cover with the rest of the cheese.
6. Bake for 20 minutes, until the chicken reaches 165°F (74°C) and the cheese is golden. Serve hot.



Cheesy Salmon & Broccoli Casserole

PREP	COOK	SERVES
15 min	40 min	4

Salmon, broccoli and cherry tomatoes baked in a creamy egg custard, then lifted out and sliced.

INGREDIENTS

- 2 cups broccoli florets
- 12 oz (340 g) skinless salmon fillet, cubed
- 1/2 tsp salt
- 1 tsp dried herbs
- 4 large eggs
- 1/2 cup heavy cream
- 1/2 cup cherry tomatoes, halved
- 1 cup shredded cheese

INSTRUCTIONS

1. Heat the oven to 350°F (175°C). Line a 9 x 5 in (23 x 13 cm) loaf pan with parchment.
2. Put the broccoli in the pan and tuck the salmon cubes between the florets. Season with the salt and herbs.
3. Whisk the eggs and cream and pour over the salmon and broccoli.
4. Arrange the tomato halves on top and cover evenly with the cheese.
5. Bake for 35 to 45 minutes, until set and golden. Lift out with the parchment, slice and serve.



Cheesy Chicken & Tomato Cauliflower Steaks

PREP	COOK	SERVES
15 min	35 min	4

Golden cauliflower steaks topped like a pizza with chicken, tomato and lots of melted mozzarella.

INGREDIENTS

- 1 large head cauliflower
- 2 tbsp olive oil, divided
- Salt and black pepper
- 1/2 cup sour cream or plain Greek yogurt
- 2 tbsp tomato paste
- 12 oz (340 g) chicken breast, thinly sliced
- 2 medium tomatoes, sliced into rounds
- 1/2 tsp dried Italian seasoning
- 1 cup shredded mozzarella
- Lettuce leaves, to serve

INSTRUCTIONS

1. Heat the oven to 375°F (190°C). Cut the cauliflower through the core into thick steaks.
2. Brown the steaks in the olive oil in a skillet, about 3 minutes per side. Season with salt and pepper.
3. Mix the sour cream or yogurt with the tomato paste.
4. Set the steaks on a parchment-lined baking sheet and brush them with the sauce.
5. Lay the chicken slices on top, then the tomato rounds. Sprinkle with Italian seasoning and cover with mozzarella.
6. Bake for 25 to 30 minutes, until the chicken reaches 165°F (74°C) and the cheese is golden. Serve on lettuce leaves.



Cheesy Potato & Caramelized Onion Egg Bake

PREP	COOK	SERVES
20 min	40 min	4

Tender potatoes and sweet golden onions set in eggs and baked under a cheesy top.

INGREDIENTS

- 3 medium potatoes, peeled and cut into chunks
- 1 large onion, thinly sliced
- 1 tbsp olive oil
- 4 large eggs
- Salt and black pepper
- 3/4 cup shredded cheese

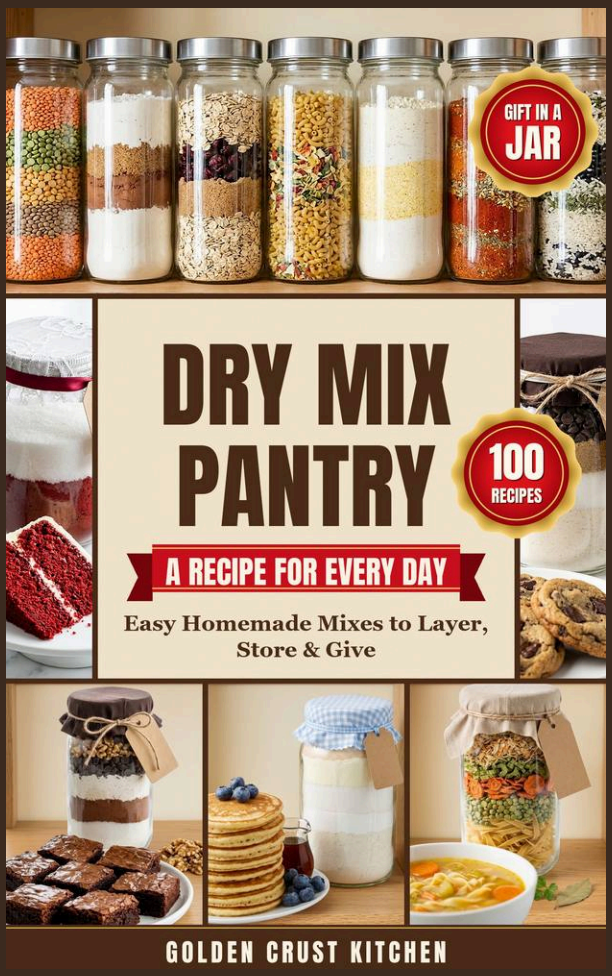
INSTRUCTIONS

1. Heat the oven to 350°F (175°C) and line a loaf pan with parchment.
2. Boil the potato chunks in salted water for 10 minutes, until just tender. Drain and put them in the pan.
3. Cook the onion in the oil over medium heat for about 15 minutes, until soft and golden. Spread it over the potatoes.
4. Whisk the eggs with salt and pepper and pour over the potatoes and onion.
5. Cover with the cheese and bake for 35 to 40 minutes, until set and golden. Lift out with the parchment, slice and serve.

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