

Vegetable Crumble



B&H FOOD PARTNERSHIP
**COMMUNITY
KITCHEN**

Prep Time 10 mins **Cook Time** 40 mins **Serves** 4

Choose whatever vegetables you like or are in season for this dish.

You can use a food processor to make the crumble topping – make double the quantity and freeze some for another time.

You can add oats, nuts or seeds to the crumble mix for extra crunch and flavour.

	Ingredients	Method
1	1 small onion 1 small carrot ½ Pumpkin 1 small sweet potato 2 sticks of celery 1 small potato (- or whatever root veg is available)	Prepare the vegetables by washing and peeling, if necessary, then cutting them into 1-2 cm chunks.
2	1 tablespoons olive oil Knob of butter	Heat the oil and butter in a large pan. Add the onion and other root vegetables, stir and fry over low heat for a few minutes.
3	¼ green cabbage ½ leek ½ courgette A small handful of frozen peas 3 cauliflower & 3 broccoli florets 3 mushrooms (again, whatever is available)	Prepare and chop the vegetables while the root vegetables are softening in the pan. Then add them to the pan and stir for another few minutes.
4	1 tbsp of plain flour 1	Stir in the flour so that all the vegetables are coated.
5	300ml hot stock (use 1 stock cube or 1 teaspoon bouillon powder)	Pour in the hot stock, stir well and bring up to the boil. The vegetables will now have a thick sauce around them. Lower the heat, cover the pan and simmer until the all vegetables are cooked – approx.

	Ingredients	Method
		20 minutes – adding more hot water if necessary.
	2 tablespoons plain yoghurt or crème fraiche ½ tablespoon chopped parsley Salt and pepper	Remove the pan from the heat and stir in the yoghurt or crème fraiche and parsley. Taste and adjust seasoning if necessary. Place on one side while you make the crumble topping.
		Set the oven to gas 6/200°C/400°F.
	<u>For the crumble topping:</u> 100g plain wholemeal flour 70g oats 110g butter or margarine ½ tsp mixed herbs A large handful of roughly chopped nuts – optional 2 tablespoons of mixed seeds, pumpkin, sesame and sunflower – optional 110g grated cheese – optional	Mix flour and oats together in a bowl. Cut the butter into chunks and rub it into the flour with your fingertips. When it looks like breadcrumbs add nuts and/or seeds plus seasoning and herbs to taste, and stir well. Add in grated cheese, if using.
		Put the vegetables into a suitable shallow oven dish (e.g. a roasting tin or pyrex dish) and cover with the crumble mixture. Bake in the oven for 20 minutes, or until the top is slightly browned.



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