

# Vegetable Potato Bake

The paprika and sour cream in this recipe give the potatoes a real Eastern European flavour.



Milk and wheat (gluten)\*

Nutritional information per portion (376g):

Energy 974kJ 232kcal 10%	Fat 13g 18%	Saturates 5.4g 27%	Sugars 4.4g 5%	Salt 0.53g 9%
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of an adult's reference intake.  
Typical values per 100g: energy 259kJ/62kcal.

## Equipment

Weighing scales  
Vegetable peeler  
Sharp knife  
Chopping board  
Kettle  
Saucepan  
Wooden spoon  
Colander  
Clean, damp cloth  
Grater  
Masher  
Measuring spoons  
Frying pan  
Measuring jug  
Spoon  
Ovenproof dish  
Oven gloves

## Ingredients

### Serves 5

5 large potatoes  
2 leeks  
2 courgettes  
1 large onion  
250g mushrooms  
75g reduced-fat mature Cheddar cheese  
3 x 15ml spoons semi-skimmed milk OR reduced-fat soured cream  
50g unsaturated fat spread  
2 x 5ml spoons paprika  
300ml boiling water  
3-4 sprigs fresh thyme OR 1 x 5ml spoon dried thyme OR mixed dried herbs  
25g plain flour

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tip

- Stir in the flour well, before adding the water, to prevent lumpy sauce.

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## Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Peel the potatoes and chop into 2cm cubes.
3. Place the potatoes in the saucepan and cover with boiling water. Turn on the hob to a high heat and bring the potatoes to the boil. Then turn the heat down and simmer (until just bubbling) for around 10–15 minutes until the potatoes are soft. Test they are cooked by inserting a knife into a potato, it should slide in easily.
4. Wash the leeks and courgettes. Cut off the ends (top and tail), cut in half lengthways and slice into 1cm thick slices.
5. Peel and finely chop the onion. Wipe any dirt off of the mushrooms and slice into ½cm slices. Grate the cheese.
6. When the potatoes are cooked, drain and mash them. Add the milk or sour cream, half the cheese and half the spread.
7. Turn the hob onto a high heat and melt the remaining spread in the frying pan. Add the leeks, onion and courgette and fry for around 5 minutes, stirring all the time.
8. Add the mushrooms and paprika and cook for another 2 minutes.
9. Measure 300ml boiling water into the measuring jug. Strip the leaves from the thyme (if using fresh) and finely chop.
10. Sprinkle the flour into the pan and stir well. Add the water and fresh or dried herbs and bring to the boil, until the liquid is bubbling. Turn the heat down and simmer for 5 minutes.
11. Spoon the vegetable mixture into an ovenproof dish, allow to cool for a few minutes then cover with the potato mixture, sprinkling with the remaining cheese.
12. Bake for 20–25 minutes or until the potato topping is golden brown.

## Something to try next time

- Instead of mashing the potatoes, you could slice them into 1cm thick pieces before boiling. Then overlap them on top of the vegetables (like slates on a roof) before sprinkling with cheese.

## Prepare now, eat later

- Chill any leftovers for up to 2 days and reheat until piping hot.
- Make this bake up to step 11, then leave to cool and freeze for up to 1 month. Defrost thoroughly before baking.

### Skills used include:

Washing, weighing, measuring, peeling, chopping, mashing, boiling/simmering and baking.