

# Cheesy Veggie Crumble

This delicious veggie crumble is great for serving at big events and includes plenty of nutritious vegetables that count towards your 5-a-day.



Milk, mustard, soya and wheat (gluten)\*

Nutritional information per portion (306g):

Energy 1123kJ 267kcal 13%	Fat 12g 17%	Saturates 3.9g 19%	Sugars 10g 11%	Salt 0.83g 14%
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of an adult's reference intake.

Typical values per 100g: energy 367kJ/87kcal.

## Equipment

Weighing scales  
Chopping board  
Sharp knife  
Colander  
Kitchen towel  
Very large, deep frying pan  
Wooden spoon  
Measuring jug  
Measuring spoons  
Grater  
Can opener  
Large mixing bowl  
Large ovenproof dish  
Oven gloves  
Pan stand  
Tasting spoon

## Ingredients

**Serves 5**  
2 medium leeks  
1 pepper (red, yellow or orange)  
75g mushrooms  
1 medium courgette  
25g unsaturated fat spread  
1 pinch chilli flakes (optional)  
25g plain flour  
175ml semi-skimmed milk  
175ml water  
15g mature Cheddar cheese  
1 x 5ml spoon French mustard  
1 x 198g can sweetcorn  
125g frozen peas  
10g fresh herbs OR  
1 x 5ml spoon dried herbs  
Black pepper (optional)  
**Crumble topping**  
60g wholemeal flour  
20g unsaturated fat spread (cold)  
2 x 5ml spoons cold water  
35g breadcrumbs  
35g mature Cheddar cheese  
½ x 5ml spoon dried thyme OR  
1 x 5ml spoon fresh thyme

\*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 Tips

- You can use English mustard, but use half the quantity as it is much stronger and hotter than other mustards.
- For a special event, double the ingredient quantities and make the crumble to serve 10 people.

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## Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Top and tail the leeks and peel off and discard the outer layer. Slice partway from the top down and hold under cold running water, fanning out the top layers to remove any dirt. Slice the leeks in half lengthways, then across into semicircles about 2cm thick. Wash all of the vegetables.
3. Holding the pepper stalk, cut the sides away from the centre and discard the stalk. Cut the pepper into bite-sized chunks.
4. Wipe the mushrooms with damp kitchen towel to remove any dirt, then slice thinly into ½cm slices.
5. Trim the ends of the courgette, slice in half lengthways, then into bite-sized chunks.
6. Melt the spread in a frying pan over a low heat and add the leeks. Stir for 5 minutes until soft and then add the black pepper to taste (if using), courgette, mushrooms and chilli flakes (if using) and cook, stirring, for another 5 minutes.
7. Sprinkle the flour over the vegetables and stir to combine – it will look lumpy. Cook for 2 minutes, stirring gently so that it doesn't burn.
8. Measure the milk and water together, then add 50ml to the pan at a time, allowing it to fully combine and thicken a little before adding the next 50ml (this stops it splashing out of the pan and allows any lumps to disappear). Simmer for 5 minutes then take off the heat.
9. Grate the cheese and stir into the pan with the mustard, drained sweetcorn and frozen peas. Chop the fresh herbs finely, then stir in.
10. Add a little more milk if the mixture is very thick.
11. To make the crumble topping, measure the flour into a bowl. Cut the spread into roughly 2cm cubes and rub into the flour to form fine breadcrumbs. Add the water to help it clump together. Stir in the breadcrumbs and grated cheese, then add the thyme and combine well.
12. Pour the vegetable mixture into the ovenproof dish and sprinkle over the crumble.
13. Using oven gloves, place the crumble into the preheated oven and bake for 25 minutes until golden brown and bubbling around the edges.

## Something to try next time

- For a dairy-free version, replace the milk with soya milk, check that the spread is dairy free and replace the cheese with a dairy-free cheese substitute.
- For a gluten-free version, substitute the flour with a gluten-free flour mix and use breadcrumbs made from gluten-free bread.
- Make a Quorn™ and Leek Cheesy Crumble. Stir-fry 150g of Quorn™ chunks in a 15ml spoon of vegetable oil until beginning to turn golden brown and continue to follow the recipe as above but add half as many chopped vegetables. Add the sweetcorn and peas too, but add more milk if the mixture is very thick – Quorn™ tends to absorb more liquid.
- Use different vegetables that are in season. Chopped onion instead of leeks with finely sliced fennel, broccoli and beans would be ideal in the summer. Try some frozen mixed vegetables with the leeks as an alternative in the winter.

## Prepare now, eat later

- If you want to cook the crumble later, leave the vegetable base to cool before topping with the crumble. Cover and store in the fridge for up to 24 hours before baking.
- Make a large amount of breadcrumbs from stale bread and freeze in a freezer bag, then you can take out the amount you need and use it straight from the freezer.
- Rub together the flour and spread and store in bags in the fridge for up to 4 days.
- Freeze the prepared crumble, well wrapped, for up to a month. Defrost thoroughly then cook until it is piping hot.

### Skills used include:

Washing, weighing, measuring, peeling, chopping, grating, rubbing-in, mixing/combining, boiling/simmering, frying and baking.

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