



Burley Model Allotments

Vegetable Bake

Ingredients

- A selection of prepared root vegetables to your own taste e.g. carrots, swedes and parsnips all cut into medium sized cubes.
- 2 sticks of celery chopped into small pieces
- 1 large handful of green beans cut into 2cm lengths
- 1 red onion roughly chopped
- 2 courgettes cut into medium cubes
- 1 red pepper cut into medium cubes
- 1 handful of broccoli florets, blanched in boiling water for a few minutes
- 1 handful of cauliflower florets, blanched in boiling water for a few minutes (other vegetables to suit – e.g. baby sweet corn, mange tout, leeks)
- 250g bread crumbs
- 100g grated cheddar cheese
- 1 small bunch of fresh parsley – chopped
- 1 packet of pine nuts
- 1 x 500ml tub of half fat crème fraiche
- 1 large oven proof dish
- Oil and butter
- Black pepper
- Paprika pepper

Method

1. Use a large shallow pan for cooking
2. Combine 2 tablespoons oil and 10g butter in pan and heat gently
3. Stir fry your root vegetables until just beginning to colour and then set them aside
4. Put the onions, courgettes and peppers in the pan and stir fry for 1 minute before adding the remaining the vegetables and cook for 1 minute
5. Return the root vegetables to the pan and stir over a high heat to just caramelize slightly
6. Remove the pan from the heat and stir in the crème fraiche, sufficient to coat the vegetables, then season
7. Place the coated vegetables in a large pie dish
8. In a separate bowl mix together the breadcrumbs, cheese, parsley and nuts. Then arrange the breadcrumb topping over the vegetables – dust lightly with paprika
9. Reheat in a hot oven (200 C) for 15 to 20 minutes or until golden brown and gently bubbling