



UCOOK

Vibrant Vegetable Crumble

with **DIY béchamel, panko-almond crumb & a bright green salad**

Beautifully roasted vegetables are topped with a creamy béchamel sauce, oozy cheese and a crunchy panko-almond topping. Served with a fresh salad on the side, this dish is comforting, creamy and completely delicious!


Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Ella Nasser

 Veggie

 Boschendal | Le Bouquet

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Ingredients & Prep

100g	Leeks <i>trimmed at the base & halved lengthways</i>
250g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
100g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized chunks</i>
50ml	Panko Breadcrumbs
10g	Flaked Almonds
30ml	Cake Flour
100ml	Fresh Cream
50g	Grated Mozzarella & Cheddar Cheese Mix
40g	Peas
20g	Salad Leaves <i>rinsed</i>
100g	Cucumber <i>cut into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)
Butter

1. GET THE BALL ROASTIN' Preheat the oven to 180°C. Rinse the halved leeks thoroughly and cut into 2-3cm chunks. Place the butternut chunks, the chopped leeks, and baby marrow chunks in an ovenproof dish, coat in oil, and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. GOLDEN & TOASTED Place a pan over medium-high heat with a drizzle of oil. Once hot, add the breadcrumbs and the flaked almonds and toast for 1-2 minutes, until lightly toasted and golden. Remove from the pan and season to taste.

3. CREAMY BÉCHAMEL Return the pan to a medium heat with 40g of butter. Once melted, vigorously whisk in the flour to form the roux. Cook out for 1-2 minutes, whisking constantly. Slowly whisk in the cream, whisking constantly until thickened slightly. If the béchamel is too thick for your liking, add an extra splash of milk or water. Remove from the heat on completion.

4. OOZY VEGGIE TRAY Boil the kettle. When the veggies are done, remove the dish from the oven. Top the veggies with the creamy béchamel sauce. Sprinkle over the grated cheese. Return to the hot oven and bake for 8-10 minutes until the cheese is melted and golden.

5. SALAD TOSS UP Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion and place in a bowl. Add the rinsed salad leaves, the cucumber half-moons, the plump peas, a drizzle of oil, and seasoning. Toss until fully combined.

6. READY TO DIG IN Plate up the golden veggie crumble and top with the toasted bread-almond mix. Side with the fresh green salad. Beautiful work, Chef!

Nutritional Information

Per 100g

Energy	499kJ
Energy	119Kcal
Protein	3.5g
Carbs	11g
of which sugars	2.6g
Fibre	1.7g
Fat	6.7g
of which saturated	3.8g
Sodium	39mg

Allergens

Gluten, Dairy, Wheat, Tree Nuts

Cook
within
4 Days