



UCCOOK

Leek & Lentil Gratin

with crème fraîche & broccoli

Lentils, leeks & broccoli all hug one another inside this dreamy creamy gratin! Topped with oozy bubbly cheese and a crisp panko breadcrumb top coat, this dish truly couldn't get any better!


Hands-On Time: 30 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

 Veggie

 Boschendal | Boschen Blanc

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

225ml	Dried Lentils <i>rinsed</i>
600g	Broccoli Florets <i>cut into bite-sized pieces</i>
30ml	NOMU Provençal Rub
300g	Leeks <i>trimmed at the base & halved lengthways</i>
150ml	Panko Breadcrumbs
75g	Italian-style Hard Cheese <i>grated</i>
170ml	Crème Fraîche
150ml	Fresh Cream
180g	Grated Mozzarella & Cheddar Cheese Mix
12g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. LOVELY LENTILS Preheat the oven to 200°C. Boil the kettle. Place a pot with rinsed lentils over a medium heat. Add 750ml of boiling water and bring to a simmer. Cover with a lid and cook for 20-25 minutes until al dente, stirring occasionally. If it starts to dry out, add more water to continue the cooking process. Drain if necessary.

2. ROASTED VEG Place the broccoli pieces on a deep roasting dish. Coat in oil, the rub and seasoning. Pop in the hot oven and roast for 20-25 minutes until lightly charred, shifting halfway. Rinse the halved leeks thoroughly and cut into 3-4cm chunks.

3. OH CRUMBS Place a pan over a medium-high heat with a drizzle of oil and 60g of butter. Once melted, add the breadcrumbs and fry for 2-4 minutes until lightly toasted, shifting occasionally. Remove from the heat on completion and add the grated Italian-style cheese and seasoning. Mix until fully combined.

4. GET THE SAUCE GOING Return the pan to a medium heat with a drizzle of oil. When hot, add the leek chunks and fry for 5-6 minutes until soft, shifting occasionally. On completion, reduce the heat and add the crème fraîche, the cream, and 120ml of warm water. Stir until fully combined and remove the pan from the heat. Add the cooked lentils and mix until fully combined. Season to taste.

5. LET'S BUBBLE! When the broccoli is done, remove the dish from the oven and pour over the leek and lentil mixture. Sprinkle over the grated mozzarella and cheddar. Pop the dish back into the hot oven and bake for 10-12 minutes until the cheese is melted.

6. GRATITUDE FOR THE GRATIN! Plate up the golden gratin and sprinkle over the cheesy crumb and the chopped parsley. Look at you go, Chef!

Nutritional Information

Per 100g

Energy	796kJ
Energy	190Kcal
Protein	8.4g
Carbs	14g
of which sugars	2.8g
Fibre	3.9g
Fat	11.4g
of which saturated	6.8g
Sodium	155mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat

Cook
within 2
Days