



# 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!

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**Hands-On Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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 Veggie

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 Boschendal | Boschen Blanc

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## Ingredients & Prep

75ml	Dried Lentils <i>rinsed</i>
200g	Broccoli Florets <i>cut into bite-sized pieces</i>
10ml	NOMU Provençal Rub
100g	Leeks <i>trimmed at the base &amp; halved lengthways</i>
50ml	Panko Breadcrumbs
25g	Italian-style Hard Cheese <i>grated</i>
65ml	Crème Fraîche
50ml	Fresh Cream
60g	Grated Mozzarella & Cheddar Cheese Mix
4g	Fresh Parsley <i>rinsed &amp; 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 250ml 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 15-20 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 20g of butter. Once melted, add the breadcrumbs and fry for 1-3 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 4-5 minutes until soft, shifting occasionally. On completion, reduce the heat and add the crème fraîche, the cream, and 50ml 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 8-10 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