

Nutty Vegetables Crumble

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Wednesday, 03 June 2009 20:11 -

Nutty Vegetables Crumble recipe

Ingredients & Quantities

Topping

- 50g of Margarine
- 150g of Wheatmeal Flour
- 50g of Oats
- 50g of Grated Cheese
- 35g of Chopped Peanuts

Filling

- 20g of Margarine
- 260g of Celery (Diced)
- 235g of Onions (Diced)
- 300g of White Cabbage (Diced)
- 300g of Carrots or Turnips (Diced)
- 35g of Wheatmeal Flour
- 180g of Vegetable Stock
- 80g of Tomato Puree
- 20g of Dried Milk
- 180ml of Water
- 10g of Parsley

Method

1. Topping: Rub the margarine in to the flour, add the oats and stir in the cheese and nuts.
2. Filling: Melt the margarine and cook the celery, onions, cabbage and carrots without colouring until soft.
3. Add the flour and cook for a further 2 minutes.
4. Add the stock, puree, milk, parsley and seasoning and bring to the boil.
5. Put in to a baking tin and cover with topping.
6. Cook at 190C/375F for 20 minutes or until the crumble has browned.