



Vegetable crumble



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Ingredients

Filling:



750g of seasonal vegetables such as 2 carrots, a piece of broccoli, ½ green pepper, ½ red pepper, 1 courgette, 2 florets of cauliflower

Sauce:



400ml milk
40g plain flour
40g butter
Pinch mustard powder
½ red onion (optional)
50g Cheddar cheese



Crumble topping:

100g (wholemeal) plain flour
25g porridge oats
50g low fat soft cheese
20g polyunsaturated margarine or butter
50g Cheddar cheese

Makes a crumble for 4 or 4 individual crumbles.





Equipment

•For the vegetables and sauce:

- 2 Plates (to use in the microwave and large enough to hold all the vegetables)
- Colander
- Small saucepan
- Pan stand
- Grater
- Plate
- Chopping board
- Kitchen scissors
- Whisk (not shown)
- Vegetable knife
- Measuring spoons
- Wooden spoon
- Spatula
- Measuring jug

•For the crumble:

- Mixing bowl
- Measuring spoons
- Round bladed knife
- Baking sheet (not shown)
- 1.5 litre ovenproof dish or 4 individual
- Oven gloves





Prepare the vegetables



1. Preheat the oven to 190° C,
Gas Mark 5.



1. Remove the seeds from the red
and the green pepper.



3. Place the cut side of the
pepper down onto the board
and slice into 2 or 3 strips.

4. Cut each strip into chunks.



Prepare the cauliflower and the broccoli



5. Pull off the florets from the larger cauliflower pieces. Repeat for the broccoli.



6. Cut the stalks of any large pieces of either vegetable in half or pull apart.





Prepare the carrots and courgette



7. Top and tail and peel the carrot.

8. Cut into thick diagonal slices.

9. Cut both ends off the courgette and slice into thick slices.





Steam the vegetables



10. Arrange all the vegetables on the large microwaveable plate, as shown.



11. Add 50ml of water from the measured amount onto the plate. Cover with another plate or lid. Microwave on HIGH for 4 - 5 minutes until the vegetables are slightly softened, test with the point of the knife.

Take care, hot!



Save the liquid



12. Carefully remove the vegetables from the plate and either put in 1 dish or divide into individual dishes.



13. Pour the cooking liquid into a measuring jug with the milk for the sauce.

Take care, hot!



Slice the onion for the sauce



14. Cut the top off the onion and remove the skin.



15. Cut in half.



16. Place flat side down and slice thinly.





Make the sauce



17. Place the flour, milk mustard powder, and butter into the pan.



18. Whisk until the flour disappears.

19. Add the sliced onion.



20. Stir over a medium heat until the sauce begins to boil and thickens.

21. Turn down the heat and simmer for 2 minutes whilst stirring.



22. Remove from the heat, stir in the cheese.

23. Pour the sauce over the vegetables



Make the crumble



24. Put the flour, margarine or butter and soft cheese in the mixing bowl.



25. Cut the margarine/butter and cheese into small pieces.



26. Use your fingertips to rub the butter and soft cheese into the flour until it looks like fine breadcrumbs.

27. Stir in the oats and $\frac{3}{4}$ of the grated Cheddar cheese.



Complete and bake



28. Divide the crumble mix between the 4 dishes of vegetables and sauce.

29. Sprinkle on the remaining cheese.



30. Bake for 15 - 20 minutes until the crumble and cheese have browned.



Serve

31. Remove from the oven with oven gloves.

This crumble can be made as 4 individual dishes or as 1 family sized crumble.

You could serve the pie with mashed or boiled potatoes,

