

BROCCOLI, CAULIFLOWER & CHEESE CRUMBLE

Serves 2



Ingredients

- 1 bunch of broccoli
- 1 cauliflower
- 1 small onion sliced
- 2 slices of wholemeal bread (day old if possible)
- 1 good handful grated mature cheddar cheese
- 1 clove of garlic finely chopped
- 1 stock cube
- Pepper to taste

Method

1. Pre-heat oven to 200C/400F/Gas Mark 6 1.
2. Wash broccoli and cauliflower and cut into florets.
3. Cook in boiling water until tender (soft, but not mushy) - about 10 minutes
4. While the vegetables are boiling, make breadcrumbs from sliced bread and mix with grated cheese
5. Add sliced onion and garlic to the vegetables and cook for 2 minutes
6. Drain water from vegetables, reserving liquid, and place in an ovenproof dish
7. Make up stock using 1 mug of the liquid from the vegetables and pour over the vegetables
8. Sprinkle breadcrumbs over vegetables adding pepper to taste.
9. Bake in oven for 10 minutes and then grill for a few minutes until cheese and breadcrumbs have browned.

