



Vegetable crumble

Prep: 20 minutes • Cook: 1 hour • Serves: 2



Ingredients

400g frozen root vegetables (casserole mix)
150g frozen peas
1 tablespoon plain flour
Black pepper
1 teaspoon vegetable oil
150ml boiling water made into stock with
½ a low-salt vegetable stock cube

For the crumble

50g butter, small cubes
80g plain flour
20g strong cheddar cheese, grated
1 teaspoon dried mixed herbs

Nutritional info

Low phosphate ✓
Low potassium ✓
Low protein ✓
Low salt ✓
Low fat ✗

Cost per portion (August 2022) **67p**

Carbohydrate **54.5g**

Energy in kcals **519**

- 1** Heat oven to 190°C. Bring a large saucepan of water to boil. Cook frozen root vegetables according to packet instructions, drain. Then cook frozen peas and drain.
- 2** Mix flour with black pepper. Heat the vegetable oil in a frying pan and add the drained vegetables with flour and pepper and add the vegetable stock. Simmer on a low heat for 5 minutes until thickened.
- 3** For the crumble, use your fingertips to rub the butter and flour together until they resemble breadcrumbs. Stir in the cheese and herbs.
- 4** Spoon the vegetable filling into an ovenproof dish and scatter the crumble on top. To cook, bake in the oven for 30-35 minutes until golden brown on top.