

THE LARDER PRESENTS..

VEGETABLE BAKE



**REMEMBER: ALWAYS
WASH YOUR HANDS
THOROUGHLY BEFORE TOUCHING
AND PREPARING FOOD**



**Prep
Time: 20
Mins**



**Cook
Time: 50
Mins**



- 1 Medium Onion
- 1 Medium Potato
- 1 Large Carrot or
2 Medium Carrots



- 1/4 Swede
- 2 Kale Leaves
- 1 Leek



- 1 Garlic Clove
- 1 Parsnip
- 500ml Milk
- 4 Tbsp Cornflour
- 1 Vegetable Stock Cube
- 2 – 3 Tbsp Vegetable Oil
- Salt & Pepper (to season)

Topping:

- 2 Bread Rolls (for making into breadcrumbs)
- 50g Cheddar Cheese
- Pinch Chilli Powder (optional)

ALLERGY INFO: RECIPE MAY CONTAIN OR COME INTO CONTACT
WITH WHEAT, EGGS, PEANUTS, TREE NUTS AND MILK

- Oven (grill)
- Hob
- Large Saucepan
- Measuring Jug
- Grater
- Chopping Knife
- Large Ovenproof Dish

EQUIPMENT



INGREDIENTS

THE LARDER, 50 LANCASTER ROAD, PRESTON, LANCASHIRE, PR1 1DD

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METHOD



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1. Make the breadcrumbs. Cut the bread rolls in half and then tear into small pieces. If you have a food processor place the day old bread into the processor and blitz for a few seconds until you have breadcrumbs. **If you use the food processor get an adult to do this bit.** Place the breadcrumbs in a bowl and mix with the grated cheese and a pinch of chilli (if using) and set to one side.
2. Peel the potato, swede and carrot and chop into smallish cubes.
3. Finely chop the onion, parsnip and garlic.
4. Wash the leek thoroughly, remove a thin slice from the root end and the top of the dark leaves and discard. Then slice. Double check for any grit and rinse again if necessary.
5. Chop the kale leaves (remove the hard stalk from the centre and discard).
6. Take a large saucepan and heat 3 tablespoons of oil. When hot add the chopped onion and fry until translucent.
7. Then add the potato, carrot and swede. Stir until coated with oil. Add a splash of water and put the lid on the pan. Turn down to a medium heat. Stir every 3 or 4 minutes. If the vegetables are sticking to the bottom of the pan add a further splash of water and turn down the heat a little.
8. After 15 minutes add the leek, garlic and parsnip. Stir well and continue to cook for about 10 minutes on a medium heat.
9. Add the kale to the saucepan, stir well. The kale only need 2 minutes of cooking.
10. Measure 500ml of milk then take out 4 tbsps of milk and keep to one side. Add the jug of milk to the pan of vegetables and crumble in the stock cube. Stir well and cook on a medium to high heat until the mixture begins to gently boil.
11. In a bowl or mug mix the 4 tbsps of cornflour with the 4 tbsps of milk that you set aside. Stir into a paste and then bit by bit add it to the pan until you have a thick sauce. Thick enough so that the breadcrumbs will sit on top of it when you sprinkle them on the top shortly. You may not need to add all the cornflour. Add salt and pepper to season to your taste. Stir the mixture continuously for 3 minutes to allow the cornflour to cook.
12. Transfer the vegetable mixture into a large oven proof dish. Sprinkle the breadcrumb and cheese mix evenly over the top
13. Place under the grill on a medium heat setting for approx. 5 – 10 minutes (keep a close eye on it) until the breadcrumbs are golden and the cheese has melted.

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COOKING AND ENJOYING THE RECIPES

KIDS
in the
KITCHEN



PLEASE TAG YOUR
PHOTOS WITH
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