

















Recipe from Knorr Future 50 Foods Cookbook

















- 350g frozen broccoli florets (or 1 head fresh cauliflower works great here, too, as does a mix of the two)
- 250g frozen chopped spinach or frozen whole baby leaf spinach
- 225g frozen peas
- 1 large courgette, grated



For the white sauce:

- 3 tablespoons unsalted butter
- 3 tablespoons plain flour
- 400ml milk
- 400ml stock (or more milk)
- ½ teaspoon mustard powder (or 1 teaspoon mustard)
- Small pinch nutmeg or allspice (about ¼ teaspoon)
- Salt & pepper, to taste
- Large handful of grated cheese (about 50g)





For the crumble topping:

- 100g wholemeal flour
- 200g oats
- Pinch of sea salt (about ¼ teaspoon)
- 110g unsalted butter, room temperature and cubed
- Handful of chopped nuts (pecans, walnuts, hazelnuts or almonds all work well)
- Hand of seeds (sunflower and pumpkin work really well)
- A little more grated cheese to top, optional







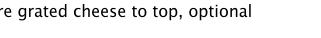






























Method

Preheat oven to 190C/170C fan/gas 5.



- 1. Steam the frozen vegetables in a steamer or microwave according to packet instructions. Drain the vegetables and squeeze any excess water out of the spinach.
- 2. Pour the cooked vegetables and grated courgette into a large roasting or casserole dish and set aside.



Next, make the white sauce...

- 1. Melt the butter in a large saucepan, whisk in the flour and allow to cook for a minute, then slowly drizzle in the milk, little by little, whisking constantly.
- 2. Whisk in the stock, mustard, nutmeg or allspice and salt & pepper. Bring to the boil and allow to simmer for a few minutes, whisking constantly, until thick.
- 3. Take off the heat and stir through the grated cheese, then pour the sauce into the dish with the green vegetables and mix well.





Finally, make the crumble...

- 1. Pour the flour, oats and salt into a food processor and pulse for 30 seconds or so. Add in the cubed butter and pulse for another 30 seconds until combined with the flour but still leaving little chunks.
- 2. Top the creamy veg mixture with the crumble, then scatter over some chopped nuts and seeds, and a little extra grated cheese, if using.
- 3. Bake for 25-30 minutes, until the crumble topping is golden and the cheesy filling is bubbling up around it. Serve on its own or with a green salad or fresh chopped tomatoes drizzled with extra virgin olive oil and a pinch of salt.





Greenhouse Gasses

Total overall recipe **5.8kg CO2e** Total per serving 725g CO2e

