

# Veggie Crumble

Flavoursome and juicy vegetable pieces with a crunchy crumble topping.

Inspired by a typewritten sheet, at least 40 years old, tucked away in a cookbook.

Serves 4.

## Ingredients

### *Veggie layer*

- 360 g per person mixed vegetables (see method)
- 30 ml Zaytoun **FAIRTRADE** olive oil
- 150 ml **FAIRTRADE** white wine
- 15 ml light soy sauce
- 30 ml tomato puree
- 1 heaped tsp mixed herbs
- 3 ml chilli spice
- to taste salt and pepper

### *Topping layer*

- 125 g wholewheat flour
- 60 g rolled oats
- 30 g sunflower seeds
- 30 ml Zaytoun **FAIRTRADE** olive oil
- 50 g parmesan cheese
- 1 heaped tsp mixed herbs

## Method

### Vegetables

Weigh out a mixture of veggies to give about 360 g per person. Try to include some roots and tubers, some onions, and some sweet and juicy vegetables. Our first test recipe included

carrots, celery, white onions, leeks, red peppers, tomatoes, peas and sweetcorn.

## Cooking

Prepare the veggies in the normal way ending in 1 to 2 cm cubes.

Warm the oil and gently sweat the veggies starting with any hard chunks like carrot and celery to give them a head start. You can add the softer veggies all at the same time.

Mix the white wine, soy sauce, tomato puree, mixed herbs, and chili, and pour this mixture over the vegetables.

Heat to a simmer, and cook the veggies until just soft to a testing knife (about 15 minutes).

## Meanwhile

Prepare the topping. In a large mixing bowl, measure out the flour, oats, oil and mixed herbs. Grate the cheese and add to the bowl.

Mix with a wooden spoon to begin with, and then your hands until the mixture is consistently coated with the oil. Add a little more oil if you need to.

Pre-heat the oven to gas mark 4 and warm up an oven-proof casserole dish.

Once the veggies are cooked, make a layer in the casserole dish.

Sprinkle on the oats mixture and smooth out.

Bake for 30 to 40 minutes until the topping is golden brown.

## **To serve**

Serve as a main course with Italian sauce on the side, or serve as a side dish to a chicken main course such as Chicken Marbella.

## **Variation**

To make the dish vegan, omit the oil and cheese from the topping and rub in 75 g olive oil spread.

The chilli can be replaced by two shakes of the tabasco bottle.