

Root vegetable crumble with cheesy topping

Serves: 4

This gorgeous, hearty crumble is the perfect autumn vegetarian dish and uses lots of tasty winter veg.

Ingredients

- 300g Chantenay carrots
 - 500g peeled and cubed mixed root vegetables, e.g. parsnips, sweet potato, butternut squash, swede
 - 1 onion, peeled and chopped
 - 2tbsp olive oil
 - 40g plain flour
 - 40g butter
 - 400ml milk
 - 1tbsp chopped parsley
 - 1tbsp crème fraiche
 - 1tbsp horseradish
 - 50g grated mature cheddar
 - 50g wholemeal breadcrumbs
 - Sea salt and black pepper
 - Some grated nutmeg (optional)
-

- 1 Heat the oven to 180°C/350°F/gas mark 4-5. Heat a frying pan, add the olive oil and sauté the Chantenay carrots and the mixed root vegetables and onion for 4-5 mins, season with sea salt, black pepper and some grated nutmeg. Place in an ovenproof dish.
- 2 To make the sauce, melt the butter in a saucepan, add the flour and mix together and cook the mixture for 1 min. Do not brown. Remove from the heat, pour in the milk and whisk the mixture until smooth.
- 3 Place back on the heat and slowly bring to the boil, whisking constantly until just boiling. Simmer for 1 min, remove, then add the horseradish, crème fraiche, season well, and pour over the vegetable mixtures.
- 4 Mix together the cheese and breadcrumbs and sprinkle over the vegetables.
- 5 Bake in the oven for an hour so the vegetables are cooked and the topping is golden brown.