

## VEGETABLE BAKE (VE)

This vegan recipe is a great way to use up left-over vegetables

Serves 1

Per serving: Calories and fat content varies according to vegetables used

Prep time: 15 mins

Cook Time: 20 mins

## INGREDIENTS

Selection of vegetables: (Use any leftover vegetables available)  
large carrot, sliced  
large parsnip, chopped  
50g peas  
100g cabbage, shredded  
2 leeks, sliced  
1 onion, finely sliced  
175g potato, peeled and chopped, cooked but still firm, finely sliced when cold  
100g mushrooms, sliced  
3 tablespoons packet stuffing mix  
1 teaspoon mixed herbs  
1 cup of breadcrumbs, preferably wholemeal  
250ml vegetable stock  
Freshly ground black pepper

## METHOD

1. Lightly cook the vegetables in water with a vegetable stock cube. Strain the vegetables but reserve the vegetable stock and measure out 250ml.
2. Place half the chopped vegetables at the bottom of a medium-sized ovenproof dish. Sprinkle with half the stuffing mix, half the mixed herbs and sprinkle with black pepper. Place another layer of cooked vegetables, the remaining stuffing mix, the herbs and with more black pepper. Now place the sliced mushrooms over the last layer followed by the sliced potatoes.
3. Carefully pour over almost all of the vegetable stock so that it moistens the contents of the dish. Finally, sprinkle over the wholemeal breadcrumbs and carefully pour the remaining stock over. Add freshly ground black pepper.
4. Bake in a preheated moderate, oven 200°C, 400°F, Gas Mark 6, for 20 minutes until piping hot. Alternatively, cook in a microwave on medium for 7 minutes and place under a hot grill for 5 minutes to crisp the top.

