

# Mediterranean Veggie Crumble

with Salad

Serves 4

£1.41 per serving\*



## You'll need:

- 1 red onion (peeled and chopped into chunks)
- 1 courgette (cubed)
- 2 large tomatoes (diced)
- 1 red pepper (chopped)
- 1 heaped teaspoon of smoked paprika
- 1 teaspoon of lazy garlic
- 1 veg stock cube
- 2 tablespoons of tomato puree

## For the Crumble topping:

- 1 cup of plain flour
- 1 cup of rolled oats
- 80g of Dairy Free Butter (chopped into chunks)
- 2 Tablespoons of Nutritional Yeast (optional)
- 1/2 Teaspoon of Cracked Black Pepper
- 2 tablespoons of sunflower seeds
- To serve – fresh salad greens



## How to do it:

Pop your onion, courgette, red pepper, tomatoes, garlic and paprika into a large oven proof dish with a drizzle of vegetable oil. Mix the ingredients well to coat the vegetables with the flavours before popping into the oven at 200 degrees for about 30 minutes, or until your veggies start to turn a little golden (this will depend on how small you chopped your vegetables so the times may vary slightly.)

While your vegetables are roasting in the oven, prepare your crumble sauce and topping. First, for the crumble topping, pop your flour and oats into a large bowl with the dairy free butter placed into the dry mix in small chunks. Use your fingertips to rub the ingredients together and create a pale yellow sand-like texture. Next, mix in your black pepper, omega 3 seeds and nutritional yeast before allowing to sit until needed.

To make your crumble sauce, pop about 300mls of boiling water in a measuring jug along with your tomato puree and crumbled stock cube. Mix well to blend the ingredients together. When your roasted veggies have had 20 minutes in the oven, remove the dish, pour over your hot tomato stock, checking that you get an even coverage and then evenly spread your crumble mixture all over the surface of your saucy vegetables. Pop back into the oven for another 15-20 minutes – or until golden and crisp on top.

Serve with a fresh green salad.