

Carrot & Leek Crumble

Ingredients

200g leeks, sliced

200g carrots, thinly sliced

400g tin chopped tomatoes

1 tablespoon tomato ketchup

1 tablespoon tangy tomato pickle

¼ teaspoon dried sage

Salt and pepper to taste

Crumble

100g Juvela Low Protein Mix

75g butter

50g Low Protein Herb Crackers, finely crushed

Oven temperature: 200°C/400°F/Gas Mark 6

Method

1. Place the leeks and carrots in boiling salted water, bring to the boil, then reduce the heat, cover and simmer for 10 minutes. Drain very thoroughly.
2. Add the chopped tomatoes, ketchup, tomato pickle, sage and seasoning to the leeks and carrots, bring to the boil, stirring gently.
3. To prepare the crumble, place the Juvela Low Protein Mix in a bowl and rub in the butter, until a coarse crumb is attained, stir in Low Protein Herb Cracker crumbs.
4. Transfer the prepared vegetables to an ovenproof 1 litre (2 pints) gratin dish, sprinkle the crumble evenly over the surface, then top with the remaining cracker crumbs.
5. Bake in a preheated oven for 15-20 minutes, until the crumble is lightly golden.



This recipe was provided by Juvela



National Centre for Inherited Metabolic Disorders

