

Courgette & Tomato Crumble

Ingredients

Filling

75g/3oz courgettes, sliced

50g/2oz celery, thinly sliced

40g/1½oz onion, chopped

425g can chopped tomatoes in rich tomato juice – check protein content on label

¼ teaspoon sugar

Crumble Topping

50g Loprofin Mix

25g butter, cut into small pieces

25g breadcrumbs from Loprofin Sliced Loaf or Rolls

1 teaspoon dried mixed herbs

¼ teaspoon salt

Black pepper to taste

¾ litre/1½ pint microwave-proof and oven-proof casserole dish

Method

1. Halve the slices of courgette and place in the casserole dish. Stir in the celery, onion and ½ of the canned tomatoes.
2. Cover and microwave on full power for 4 minutes. Stir the vegetables halfway through the cooking time.
3. Place remaining tomatoes and sugar in a small microwave-proof bowl and reserve for later.
4. Meanwhile, to prepare the topping, place the Loprofin Mix with the remaining topping ingredients in a bowl. Rub in the butter until the texture resembles fine breadcrumbs.
5. Spread the crumble topping over the cooked vegetables and return to the microwave, uncovered. Microwave on full power for 2 minutes.
6. Preheat a grill to moderate and cook the crumble until the topping is lightly browned.
7. Place the bowl of chopped tomatoes in the microwave, cover, and cook on full power for 2 minutes. Stir halfway through the cooking. Serve with the crumble.

This recipe was provided by Nutricia