

Carrot & Leek Crumble

Ingredients

200g/8oz leeks, sliced

200g/8oz carrots, thinly sliced

400g can chopped tomatoes

1 tablespoon tomato ketchup

1 tablespoon tangy tomato pickle (optional)

¼ teaspoon dried sage

Salt and pepper to taste

Crumble

100g/4oz Juvela Low Protein Mix

75g/3oz butter

50g/2oz Loprofin 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 Mix in a bowl and rub in the butter, until a coarse crumb is attained. Stir in 40g (1½oz) Loprofin Herb Cracker crumbs.
4. Transfer the prepared vegetables to an ovenproof 1 litre (2 pints) gratin dish, sprinkle the crumble evenly over the surface, and then top the remaining cracker crumbs.
5. Transfer the prepared vegetables to an ovenproof 1 litre (2 pints) gratin dish.
6. Sprinkle the crumble evenly over the surface, and then top with the remaining cracker crumbs.
7. Bake in a preheated oven for 15-20 minutes, until the crumble is lightly golden.