

Root Vegetable Crumble with Cheesy Topping

This is a delicious recipe for baby or Chantenay carrots and other roots veggies. The secret ingredient gives it a warming kick. Make the most of your turnips, swedes, parsnips and sweet potatoes. You can also use celeriac or kohlrabi.

INGREDIENTS

- 300g Chantenay carrots
- or baby carrots (or small carrots, chopped into chunks)
- 500g peeled and cubed mixed root vegetables eg turnips, parsnips, sweet potato,
- 1 onion, peeled and chopped
- 2 tbsp olive oil
- 40g plain flour
- 40g butter
- 400ml milk
- 1 tbsp chopped parsley
- 1 tbsp crème fraiche
- 1 tbsp horseradish
- 50g grated mature cheddar
- 50g wholemeal breadcrumbs
- sea salt and black pepper
- some grated nutmeg

PREPARATION

1. Heat the oven to 180DegC/350DegF/Gas Mark 4-5.
2. Heat a frying pan, add the olive oil and sauté the Chantenay carrots and the mixed root vegetables and onion for 4-5 minutes, until softening. Season with sea salt, black pepper and some grated nutmeg.
3. Place in an oven proof dish.
4. To make the sauce, melt the butter in a saucepan, add the flour and mix together and cook the mixture for 1 minute. Do not brown. Remove from the heat, pour in the milk and whisk the mixture until smooth. Place back on the heat and slowly bring to the boil, whisking constantly until just boiling. Simmer for 1 minute, remove from the heat.
5. Add the horseradish, crème fraiche, season well, pour over the vegetable mixtures.
6. Mix together the cheese and breadcrumbs and sprinkle over the vegetables. Bake in the oven for 30-40 minutes so the vegetables are cooked and the topping is golden brown.

Serves 4.