

Vegetable Casserole with Homemade Garlic Bread

Serves 10

Ingredients	
2 tbsp of vegetable oil	6 cloves garlic (36g) peeled and crushed
2 Spanish onions (200g) finely chopped	400g chopped tomatoes
2 tsp smoked paprika powder	2 medium courgettes (400g)
1 kg peeled, diced potatoes	
2 parsnips (240g) peeled and thinly sliced	3 medium sweet potatoes (360g) peeled and diced
2 carrots (240g) peeled and thinly sliced	300g button mushrooms (cut in four)
1 celery stick (30g) chopped	400g garden peas
Pinch of black pepper	600ml kallow low salt vegetable stock
1 tsp cumin powder	5 slices toasted wholemeal bread
2 tsp mixed herbs	50g unsalted butter
2 red peppers (200g) chopped	½ bunch fresh parsley washed and finely chopped

- METHOD:
- Put the oil into a saucepan, heat it up and add all of the onion. Stir, and when the onion is soft, add the paprika and reduce the heat immediately! Stir, and put the diced potatoes, parsnips and carrots and celery in the pan. Stir and season them and cook for 10 minutes
- Add 2/3 of garlic and all the tomato, red pepper, sweet potatoes, courgettes and the mushroom, mix well and cook for 5 minutes. Pour vegetable stock on the vegetables, cover with lid and cook for 30 minutes until the vegetables are tender.
- Mix 2 finely chopped garlic cloves with the butter and a pinch of finely chopped parsley, spread it onto the fresh toast and cut in half.
- Serve the casserole with a half slice of garlic bread.



- ✓ COOK'S TIP – FOR PUREE DIETS, MAKE EXTRA VEGETABLES FOR A CARROT AND PARSNIP PUREE
- ✓ FOR WHEAT FREE DIETS, USE WHEAT/GLUTEN FREE BREAD

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
236	8.9	5.2	40.9	9.9	0.5	3.7	105