

Healthy Vegetable Bake



Delicious root vegetables covered in a creamy, garlicky low fat sauce.

Ingredients

2 leeks, chopped
2 garlic cloves, chopped
1/2 cauliflower, roughly chopped
200 ml evaporated milk
300 ml salt-reduced vegetable stock
2 rosemary sprigs, plus extra for garnish
300 g parsnip, thinly sliced with a mandolin
500 g beetroot, thinly sliced with a mandolin
400 g celeriac, thinly sliced with a mandolin

Method:

1. In a saucepan over medium heat, drizzle some olive oil and cook the leeks, garlic, cauliflower for 5 minutes, add the milk, vegetable stock and rosemary. Bring to a boil, then reduce to a

simmer for 30-40 minutes covered, stirring occasionally. Leeks and cauliflower should be soft, and liquid should be slightly reduced.

2. Remove rosemary sprigs and carefully spoon mixture into a food processor and blitz until smooth.
3. In a large baking dish, pour the creamy vegetable mix on the base of your dish, arrange the sliced vegetables then pour the rest of the sauce over the celeriac, beetroot and parsnip. Bake in the oven, covered with foil for an hour. Twenty minutes before the end, remove foil to brown the tops.