

SEASONAL VEGETABLES AU GRATIN

INGREDIENTS:

1 kg seasonal vegetables

2/3 cup tasty cheese

1Tbs butter

½ onion or 2 springs onions

Pinch of salt and pepper

3 Tbs plain flour

1 ½ cups of milk

1 tsp Ground Cumin

METHOD:

1. Preheat oven to 180c.
2. Wash and dry vegetables.
3. Dice vegetables and place in large saucepan. Cover with water and place on the stove, turn heat to high. Cook till tender.
4. Crush the crackers in a plastic bag.
5. Melt 1 ½ Tbsp of butter, mix in the crushed crackers.
6. Grate the cheese.
7. Finely dice the onion.
8. Sauté the onion for approx 1 min.
9. Using a wooden spoon, add the flour, salt and pepper while stirring.
10. Slowly add the milk, stirring constantly. Continue to stir until sauce thickens.
11. Turn off the heat. Add the cheese, combine.
12. Once vegetables are cooked stir fry for approx 2mins with ground cumin. Place cooked vegetables in baking dish. Pour sauce over vegetables.
13. Sprinkle the crushed biscuits over the top.
14. Place in oven for 10mins.