

# CREAMY SPROUT BAKE WITH BLUE CHEESE CRUMB

## INGREDIENTS

Sprout Bake  
280gms Shredded cooked sprouts  
35gms Diced chestnuts  
100gms Diced Princes prunes  
100gms Diced Princes canned pears  
300gms Bechamel sauce  
150gms Blue cheese - grated  
75gms Coarse breadcrumbs

Bechamel  
35gms Flour  
35gms Butter  
500gms Whole milk  
2gms Salt  
0.5gms Cracked black pepper  
75gms Double cream  
6gms Dijon mustard

## DIRECTIONS

Serve as an alternative vegetarian main course on Christmas day or as a dish made up from leftovers, lovely served simply with some crisp mixed leaves and a vinaigrette dressing as a comforting winter lunch!

### Sprout Bake

- Mix together in a bowl, cooked sprouts, diced chestnuts, diced prunes & diced pears
- Put the sprout mix into an oven proof bowl or pie dish
- Top the sprout mix with bechamel sauce - home made or bought from store
- Tap the bowl on a hard surface to distribute the sauce evenly
- Sprinkle breadcrumbs over the top of the bechamel sauce
- Cover the breadcrumbs with the grated blue cheese
- Place into a preheated oven at 180c fan for 25 - 30 minutes

### To make the Bechamel

- Melt butter in a pan over a medium heat
- Stir in the flour and beat together with the butter
- Add in 100g of the milk and stir in well to the butter and flour, heat back up until the mix is very thick
- Repeat the above step of adding 100g of milk until the sauce has come back up to the boil and is a lovely smooth consistency - use a whisk if necessary, there should be no lumps
- Add in double cream and mustard to finish the sauce, season to taste

Please note, for this dish a thick sauce is preferred because it will thin on cooking with the sprouts

