



LEEK AND BUTTERBEAN CRUMBLE

Ingredients

- Low fat cooking spray
- 250g/10oz leeks, trimmed, rinsed and sliced
- 150ml/6 fl oz vegetable stock
- 25g/1oz porridge oats
- 40g/1½ oz low fat mature cheese grated
- 1 teaspoon dried sage
- 410g tinned butterbeans in water, rinsed and drained
- 2 teaspoons wholegrain mustard
- Black pepper for seasoning

Method

- 1** Heat oven to 190°C / 375°F / Fan 170°C / Gas Mark 5.
- 2** Lightly coat a non-stick saucepan with low fat cooking spray. Add the leeks and season with pepper, toss them around to coat. Add 3 tablespoons of the stock.
- 3** Mix the grated cheese with the porridge oats and add the dried sage.
- 4** Add the drained butterbeans, mustard and remaining stock to the leeks, season with black pepper and then tip into a baking dish and cover with the cheesy crumbs.
- 5** Bake for 15 mins until crisp, golden and bubbling.