



Great School Food you can enjoy at home

Recipe

One Pot Stew with Dumplings



Ingredients

2 tbsp sunflower oil
1 onion diced
1 leek diced
3 cloves garlic finely diced
2 carrots diced
2 celery sticks diced
2 parsnips diced
2 potatoes diced
2 sweet potato diced
1/2 sprig of fresh
rosemary
1/2 sprig of fresh
thyme
70gm of mixed grains (pre
soaked)
1 x 400g chopped tomatoes
600ml vegetable stock
150g grated cheese
4 fresh basil leaves torn

Method

- 1) Preheat the oven to 200°C / gas mark 6.
- 2) Heat the oil in a medium saucepan, add your onion, leek and garlic cook for 3 minutes then add the remaining vegetables, potatoes, rosemary and thyme, cook for 4 minutes.
- 3) Add your grains, tomatoes and stock, leave to simmer for 25/ 30 minutes stirring occasionally.
- 4) Transfer your stew to an ovenproof dish with a lid
(If you don't have lid, cover with tin foil)
Place your dumplings evenly on top of your stew,
Cover with a lid/ tin foil, place into the oven and bake for 20 minutes, remove lid, sprinkle with cheese and bake for a further 5 minutes, remove the stew from oven and scatter over with torn basil leaves and serve hot.

Allergens

Contains: Cereals containing Gluten, Celery, Milk

My Notes

For vegan dumpling use oil, water and self-raising flour.

