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# Roast Mediterranean Vegetable Crumble

## Ingredients

1 large courgette
1 red pepper
1 green pepper
1 red onion
1 small sweet potato
150-200g chestnut mushrooms
2 cloves of garlic
1 red chilli
2 tablespoons of olive oil
Salt and freshly milled black pepper
A few sprigs of fresh thyme
120g wholemeal flour
30g fine porridge oats
75g butter
75g extra mature cheddar
30g sunflower seeds
20g sesame seeds
500g canned chopped tomatoes
50g parmesan cheese

**Servings**
**4**
**Person**

## Preparation

1. Preheat the oven to 200 degrees, 180 degrees fan oven.
2. Prepare the vegetables. Cut the courgette into quarters lengthways then chop into chunks. Deseed the peppers then chop into pieces. Peel the onion, halve and slice. Peel the sweet potato and cut into small dice. Wipe the mushrooms and slice, not too thinly. Peel the garlic cloves and slice finely. Deseed and finely chop the chilli.
3. Pour the olive oil into a large roasting tin and warm in the oven for a few minutes. Tip in the courgettes, peppers, red onion, sweet potato, garlic and chilli, toss to coat with the oil, season well with salt and pepper and then bake for 20 minutes.
4. Add the mushrooms and finely chopped thyme leaves to the roasting tin, stir and bake for a further 15-20 minutes.
5. Meanwhile, make the crumble topping. Put the flour and butter in a food processor and mix until it resembles breadcrumbs. Grate the cheese then mix that in too. Tip it into a large bowl, sprinkle in the oats and seeds then stir.
6. Heat the chopped tomatoes in a small saucepan then stir them into the roasted vegetables. Adjust the seasoning if necessary. Pour the mixture into a large ovenproof dish then spoon the crumble over it evenly. Grate the parmesan on top and then bake for about 40 minutes, until the crumble is cooked and browned on the top.

## Cooks Note

This hearty winter bake is packed full of nutritious roasted vegetables with a satisfying savoury crumble topping. Served with a helping of fresh green vegetables, it makes a great family supper.

Serves 4-5.