

Creamy Veggie Bake



Serves 6, 174 cal's per serve

- 3 cups of cauliflower florets
- 3 cups of broccoli florets
- 2 cups of sliced carrot
- 1 cup of red capsicum
- 1 leek (or 1 medium white onion)
- 1 can of carnation light and creamy evaporated milk
- 1 can of skim/low fat milk
- 1 pot of continental chicken stock pot
- 3 tablespoons of corn flour
- ¼ cup of rice crumbs
- 2 tablespoons of parmesan cheese

Preheat oven to 200°C.

Dice all vegetables and place in an oven proof dish

Add the carnation milk, milk, stock pot and corn flour to a sauce pan and cook until the sauce thickens. The sauce should be quite thick as the moisture from the vegetables will thin it during cooking.

Cover the vegetables with the sauce. Sprinkle with the rice crumbs and parmesan

Bake for 30-40 mins until the vegetables are tender.

Serve with steamed fish, poached chicken or meat of choice.