



Leek and Butterbean bake

Serves 2-3

Ingredients

- 250g leeks (sliced and washed)
- 1 tin of butterbeans
- 50g breadcrumbs
- 2 tsp wholegrain mustard
- 1 tbsp olive oil

Sauce

- 50g mature cheddar (grated)
- 25g parmesan cheese (grated)
- 1 pint milk
- 40g plain flour
- 40g butter
- Pinch of cayenne pepper
- A few grates of fresh nutmeg
- Freshly ground black pepper



Method

1. Heat the olive oil in a pan and cook the leeks on a medium to low heat for 5 minutes until nice and soft. Add the drained butterbeans and mustard and pour into a baking dish.
2. In a separate sauce pan melt the butter on a gentle heat and add the flour, to make a roux. Mix well and cook on a low heat for 2 minutes. Add the milk a small amount at a time, mixing well each time. Continue the process until you have used all of the milk. Allow the sauce to bubble and then reduce the heat. The sauce will be ready once it has thickened.

3. Add the grated cheeses to the sauce, holding a small amount back to go on top of the dish. Season the cheese sauce with the cayenne pepper, nutmeg and freshly milled black pepper.
4. Pour the cheese sauce over the leeks and butterbeans and gently mix. Top the dish with the bread crumbs and the left over cheese. Bake in the oven for 15 -20 minutes @ 180°C or until golden.