

## Leek and butterbean bake

### Ingredients

2 tins<sup>1</sup> butterbeans

250ml milk

3 leeks

50g butter

2 large onions, chopped

2 cloves garlic, crushed

25g flour

freshly chopped parsley (flat leaf is best)

Crunchy topping:

50g wholemeal breadcrumbs

50g cheese (grated)

freshly chopped parsley or dill

### How to make it

- Clean and slice the leeks and cook – either steam or boil – and drain well
- Drain the cans of butterbeans, saving the liquid. Add some of this to the milk to make a total of 400ml.
- Melt the butter in a good-sized sauté or saucepan and cook the onion and garlic until soft and transparent – do not let it colour.
- Stir in the flour and cook for a further minute. Add the milk mixture and bring to the boil until the sauce thickens.
- Add the cooked leeks, the drained butterbeans and a handful of chopped parsley. Season with salt and pepper
- Make the topping – easiest in a food processor. Tip in 50g wholemeal bread, a chunk of cheese, a handful of herbs and blitz.
- Place the mixture in a gratin dish and top with the breadcrumb mix
- Bake in a preheated oven 190c (180 fan) gas 5 for about 20min, or until well heated through with a golden topping.

This is a really versatile stand-by recipe. Try replacing one of the tins of butterbeans with some sliced chicken breast, or vary the topping by, for example, adding some chopped walnuts, or using different cheeses. The topping also freezes well, so make a batch to add to other gratins or baked pasta dishes.



Adapted from the *National Trust Book of Healthy Eating*

<sup>1</sup> You could use dried beans instead – they need an overnight soak before cooking until tender. Retain the cooking water to add to the milk at stage 2