

LEEK AND MUSHROOM CROUSTADES

Makes 12 Croustades

This recipe uses bread instead of pastry for the tartlet cases.

INGREDIENTS	EQUIPMENT
4 tablespoons sunflower oil or rapeseed oil 1 leek – trimmed and thinly sliced 200g chestnut mushrooms – thinly sliced 12 slices semi-stale bread 100g Cheddar cheese – finely grated	chopping board sharp knife saucepan wooden spoon grater teaspoon cutter, just bigger than the size of the bun tin pastry brush 12 hole bun tin

METHOD

1. Heat the oven to 200°C/Gas 6. Place 2 tablespoons of oil in the saucepan. Gently fry the leeks and mushrooms until they are softened and just beginning to brown.
2. Cut 2 circles of bread from each slice of bread. (Save the left-over pieces for making fresh breadcrumbs for another recipe).
3. Lightly brush both sides of each bread circle with the remaining oil and place them in the bun tin. Press down to form a case or lining for the filling.
4. Spoon a teaspoon of the cooked leek and mushroom mixture into each of the bread cases. Sprinkle a teaspoonful of the grated cheese on top of each case.
5. Bake the Croustades for 10-15 minutes or until the bread is crisp and browned and the cheese has melted. Serve hot.

RECIPE NOTES AND TIPS

- Change the vegetable filling according to what is in season – tomatoes, peppers and courgettes would be nice in summer
- Do not bin the bread trimmings – make breadcrumbs and store them in the freezer for when you need crunchy coatings and toppings

ALLERGY AWARE

This recipe contains:

- Milk (Cheddar cheese)
- Gluten (bread)

Per croustade (62g)

	ENERGY	
	667kJ / 159kcal	8%
MED	FAT	
	7.4g	11%
MED	SATURATES	
	2.4g	12%
LOW	SUGARS	
	1.2g	1%
MED	SALT	
	0.6g	10%

% of an adult's reference intake

Typical values per 100g : Energy 1076kJ / 257kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (62g)
Energy	1076kJ / 257kcal	667kJ / 159kcal
Protein	10.0g	6.2g
Carbohydrate (of which sugars)	26.4g (1.9g)	16.3g (1.2g)
Fat (of which saturates)	11.9g (3.9g)	7.4g (2.4g)
Fibre	2.3g	1.4g
Salt	1.0g	0.6g