

PSB, Leek & Tomato Bake

Nom nom, enjoy this lovely burst of purple sprouting broccoli (PSB) this week! Soon these lovely tender spears will make the most of the spring sunshine, and start flowering; so we're enjoy this welcome seasonal fresh treat while it lasts. We throw it in almost everything: stir-fries, curries, gently steamed on its own, pasta bakes. . . It is dreamy with various cheeses, especially strong blues and mild melted mozzarellas (check out the Farm Shop for a tasty range of cheese).

Serves 2

1 leek, washed & sliced
400g PSB
200g tomatoes
150g blue cheese, cut into chunks
2 cloves garlic, crushed
2 tbsp olive oil
pinch of mixed dried herbs
sea salt & cracked black pepper
handful breadcrumbs



JamesBarker/freedigitalphotos.net

Heat the oil over a medium heat in a frying pan or wok, and cook the leek gently for a few minutes until soft. Meanwhile, steam the PSB for a couple of minutes, until starting to soften, then drain and cool. Toss in the leek pan with the cut tomatoes (cut cherry tomatoes in half, larger tomatoes in quarters), garlic, herbs and season to taste; then tip the mixture into a baking dish and sprinkle the cheese and breadcrumbs over the top. Cook in the oven at 180C for 20 minutes, until the topping is golden; serve with a handful of washed salad leaves and drizzle of balsamic vinegar.



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Easter Car Boot Sale & Farm Open Day

Saturday 11th April 10am-4pm
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Recycling & bargain hunting galore!

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* Meet the animals

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* Free Farm Shop tasters

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