



# Nanna Peggy's broccoli casserole

with roasted potatoes



Make this dish within 5 days of receiving your meal kit



Cooking equipment: baking tray, medium/large deep baking dish, large pot



Pantry items needed: olive oil spray (optional), olive oil, plant-based butter, plant-based milk



Hands-on: 25-30 minutes  
Ready in: 45 minutes



Serves: 2 or 4

This classic dish is an absolute family favourite and has been lovingly made by Peggy, Padma's grandmother, for decades! Creamy cheesy mushrooms combine with broccoli to make for a comforting dish, with crispy breadcrumbs and slivered almonds to top it off. Great for leftovers and bound to be loved by the whole family.

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*HIGH PROTEIN | Great for leftovers*

## Before you start

Read through the recipe and give your fresh produce a wash.

## Ingredients

	2 serves	4 serves
Olive oil spray / olive oil*	as needed	as needed
White potato	500g	1kg
Olive oil, divided*	1 tbsp	2 tbsp
Garlic herb salt	1 packet	1 packet
Brown onion	150g	300g
Garlic	6g	12g
Mushrooms	100g	200g
Broccoli	450g	900g
Plant-based butter*	2 tbsp	4 tbsp
Plant-based cream	1 tub	1 tub
Plant-based milk*	100ml	200ml
Broccoli seasoning	1 packet	1 packet
Vegan cheese	1 bag	1 bag
Slivered almonds	1 packet	1 packet
Panko breadcrumbs	1 packet	1 packet

\* Pantry items

## Allergens and ingredients

Allergens: gluten, wheat, almonds.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

# Instructions

## 1. Bake potatoes

Preheat oven to 210°C and line a baking tray. Using **olive oil\*** / **olive oil spray\***, grease deep baking dish (medium for 2 serves and large for 4 serves). Chop **potato** into 3cm cubes. Place **potatoes** onto prepared baking tray, add **half the quantity of olive oil\*** and **garlic herb salt** and toss to coat. Bake for **30 minutes**, flipping over halfway.

## 2. Prepare vegetables

Dice **onion**. Peel **garlic** (leave whole). Slice **mushrooms**. Roughly chop **broccoli florets** and slice **stems**.

## 3. Cook filling

In a large pot over medium heat, add **half the plant-based butter\***. When hot, add **mushrooms** and cook until golden brown, about **4 minutes**. Remove from the pan and set aside. Add remaining **butter\***, **onion** and whole **garlic** cloves and cook until softened, about **3 minutes**.

Add **broccoli**, cover, reduce heat to low and cook, stirring occasionally, until **broccoli** is almost tender, about **6 minutes**. Remove **garlic cloves**. Add **cream**, **plant-based milk\***, **broccoli seasoning** and **cheese** and stir until thickened, about **2 minutes**. Stir through **mushrooms** and  $\frac{3}{4}$  of the **slivered almonds** and spoon into prepared baking dish.

## 4. Bake casserole

Reduce oven temperature to 190°C (see tip). In a small bowl, add **panko breadcrumbs**, remaining **olive oil\*** and **almonds** and mix well. Sprinkle over **casserole**. Bake for **15 minutes** or until lightly golden and bubbling.

## 5. Serve

Serve **Nanna Peggy's broccoli casserole** with **roasted potatoes** on the side.

## Cooking tip

If your potatoes have time left to cook, the change of temperate is no problem.

Eat your way  
to healthy!



**Broccoli** is low in calories but contains a wealth of nutrients and antioxidants. It is a good source of protein and fibre, and contains iron, potassium, calcium, selenium and magnesium, as well as the vitamins A, C, E, K and a range of B vitamins, including B1, B2, B3, B6 and B9.

Broccoli has been linked to health benefits such as reduced inflammation, improved blood sugar control, enhanced immunity and better heart health.

## Nutritional information\*

	Per 475g serve	Per 100g
Energy	3081kJ (737Cal)	649kJ (155Cal)
Protein	27g	5.7g
Fat, total	39.2g	8.3g
- Saturated	9.1g	1.9g
Carbohydrate	60.0g	13.0g
- Sugars	9.0g	2.0g
Sodium	938mg	198mg

\* Nutritional information is based on averages