

## 2 Quick Suppers with Seasonal Vegetables

### Purple-Sprouting Broccoli Bread Bake

300g purple-sprouting broccoli, trimmed, bottom ⅓ chopped into small chunks  
30g butter  
30g flour  
400ml milk  
1 tablespoon Dijon mustard  
60g mature cheddar, grated  
2 slices of sourdough bread, toasted and torn into chunks  
50g parmesan, grated

Heat oven to 200C. Put the broccoli in a casserole dish, add 1 tablespoon of water and roast in the oven for 10 minutes while you make the sauce. Melt the butter in a small pan over a medium heat, add the flour and cook until it bubbles and thickens, take off the heat and whisk in a big splash of the milk. Return to the heat and slowly add the rest of the milk. Stir in the mustard and cheese and season well.

Remove the broccoli from the oven, add the chunks of toast to the dish, mixing them up with the broccoli. Pour the cheese sauce over. Sprinkle the parmesan over the top and put back in the oven for 10 minutes, turning on the grill for the last 3 minutes, until the top is golden and the dish is bubbling. Leave to sit for 5 minutes before serving.

### Creamy Purple-Sprouting Broccoli Gnocchi

3 tablespoons crème fraîche  
½ tablespoon Dijon mustard  
½ lemon, zested and juiced  
200g purple-sprouting broccoli, each cut into 3 pieces  
350g fresh gnocchi  
2 tablespoons olive oil  
100g frozen peas  
1 tablespoon toasted pine nuts

Mix together the crème fraîche, mustard and lemon juice. Set aside. Bring a large pan of salted water to the boil. Once boiling, add the broccoli and cook for 3 minutes, then tip in the gnocchi. Cook until the gnocchi begins to float to the surface and then drain.

Heat the oil in a large non-stick frying pan and, once hot, tip in the gnocchi, broccoli and frozen peas. Toss around in the hot oil for 1 min, then stir through the crème fraîche mixture. Season to taste. Once hot, spoon into bowls and top with the lemon zest and pine nuts.