



## SUMMER VEGETABLE POLONAISE

*Vegetable Accompaniment:* this recipe provides a portion of vegetables and counts towards the standards to provide a portion of vegetables as an accompaniment every day.

Recipe adapted from: Bidvest 3663 Food Development team

### Ingredients

1kg mixed summer vegetables (such as broccoli, courgette, runner beans or broad beans).  
50g unsaturated fat spread  
200g breadcrumbs  
400g (8) eggs, hard boiled, chopped  
20g fresh basil, chopped  
20g fresh parsley, chopped

### Method

1. Boil the vegetables until tender, then drain.
2. Meanwhile, on a low heat, melt the spread.
3. Stir in the breadcrumbs until they are evenly coated.
4. Combine the eggs, basil and parsley with the breadcrumb mixture.
5. Place the vegetables in a serving dish and top with the breadcrumb mixture.

**Serving suggestion:** with fish pie.



#### Number of portions this recipe makes:

20 primary servings (85g)  
12 secondary servings (140g)



**Prep:** 10 minutes  
**Cook:** 25 minutes



#### Allergy information:

Egg, milk, soya, wheat (gluten)



### Top Tips

Try alternative seasonal vegetables such as leeks or kale

#### Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils and spreads based on unsaturated fats, and bread with less than 1.0g salt per 100g.