



Cheesy Leek and Corn Mornay

Creamy leek, corn and vegetable mornay topped with golden herb and garlic crumb, served over fluffy mashed potato.



35 minutes



Vegetarian



2 servings

FROM YOUR BOX

MEDIUM POTATOES	3
LEEK	1
RED CAPSICUM	1
CARROT	1
CORN COB	1
FULL CREAM MILK	250ml
PARMESAN CHEESE	1 packet
HERB AND GARLIC LUPIN CRUMB	40g

FROM YOUR PANTRY

oil for cooking, salt and pepper, plain flour

NOTES

Rinse the sliced leek in a colander to remove any excess sand.

For a bake-style finish, transfer mornay to an ovenproof dish, top with crumb and grill until golden before serving.

This dish is a great base for extra vegetables. Try adding peas, broccoli, spinach or cauliflower if you have some on hand.

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1. MAKE THE MASH POTATOES

Chop **potatoes**. Place in a saucepan and cover with water. Bring to a boil and cook for 15–20 minutes or until tender. Drain and mash until smooth. Season with **salt and pepper**.

TIP *Peel the potatoes for a smoother mash. Add a splash of milk or a knob of butter to mash for an extra creamy finish.*

2. SAUTÉ THE VEGETABLES

Meanwhile, slice **leek** (see notes). Dice **capsicum** and **carrot**. Remove **corn kernels** from cob. Heat a large frypan over medium heat with **1 tbsp olive oil**. Add **herb and garlic crumb** and cook, stirring, for 1 minute until golden. Transfer to a bowl and set aside. Return frypan to medium-high heat with **oil**. Add **prepared vegetables** and cook for 8–10 minutes until softened (see tip).

TIP *Add crushed garlic, dried thyme or a pinch of smoked paprika with vegetables for extra flavour.*

3. SIMMER THE SAUCE

Stir in **2 tbsp flour**. Gradually pour in **milk** and **1 1/2 cup water**, stirring well to prevent lumps. Simmer for 3–5 minutes until **sauce** thickens. Season with **salt and pepper** to taste. Add **1/2 packet parmesan cheese** and stir until melted, reserve remaining for topping. Season with **salt and pepper** to taste.

TIP *Add a spoonful of Dijon or seeded mustard, crumbled veggie stock cube or paste to sauce for extra richness and flavour.*

4. FINISH AND SERVE

Spoon mashed **potato** among bowls. Top with **mornay**. Scatter over prepared **crumb** and remaining **parmesan**.

This recipe has simplified instructions to help lower your meal cost.