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Subject: Eggcel Vege Bake
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Eggcel® Vege Bake

SERVES 2-4

1 teaspoon extra-virgin olive oil
1/2 cup onions, diced
1 1/2 - 2 cups Eggcel®
1/4 cup fat-free milk
2 slices whole-wheat bread, torn into pieces
1 cup broccoli florets, steamed
1 cup spinach, stems removed, steamed
Pinch nutmeg
Fresh ground pepper and sea salt, to taste
2 tablespoons freshly grated Parmesan cheese

Sun-dried Tomato Cream Sauce (optional)

1 1/2 cups fat-free milk
3 to 4 whole cloves; 3 to 4 peppercorns
1 slice of onion
1 clove garlic
1/4 cup oil-packed sun-dried tomatoes
2 teaspoons oil drained from sun-dried tomatoes
2 1/2 teaspoons whole-wheat flour
Cayenne, sea salt, pepper to taste

1. Heat a large saucepan over medium heat. Add olive oil and onions. Cook until caramelised.
2. Preheat oven to 200 deg C. Spray a baking dish. Whisk Eggcel® and milk. Season with cayenne, sea salt, and pepper. Spread bread pieces along bottom of pan; top with caramelized onions, broccoli florets, and spinach. Pour on the egg-white mixture. Add nutmeg, salt and pepper, and the Parmesan cheese (optional). Bake for 20 to 25 minutes.
3. While this bakes, put milk, cloves, peppercorns, and a slice of onion in a small pot. Cook over medium-high heat about five minutes. Remove from heat. Let stand for 15 minutes.
4. Mince garlic and drained sun-dried tomatoes.
5. Drain milk through a strainer into a bowl to remove cloves, peppercorns, and onion. In same pot, over medium heat, add oil and flour. Stir to make a roux. Slowly add milk, whisking in a little at a time. When thickened, whisk in sun-dried tomatoes and garlic. Season with salt, pepper, and cayenne to taste.
6. Serve slices with a tablespoon of sundried tomato cream sauce on top.