



**save a CRUST**

# Veggie Bread Bake



## Ingredients

- 1 tablespoon olive oil
- 1 chopped onion
- Chopped cabbage, kale, broccoli, cauliflower
- 1 large carrot, quartered and sliced
- 2 teaspoons dried herbs (thyme, oregano, rosemary)
- 6 slices cubed bread
- 4 large eggs, whisked
- 200 ml milk, cream or buttermilk
- 1/2 teaspoon salt
- 1/2 teaspoon cracked black pepper
- 100 g grated cheese, (whatever you have to hand)
- A handful of fresh chopped parsley

## Method

- 1) Preheat the oven to 200 degrees. Lightly oil a baking dish. In a large sauté pan, heat the olive oil and add the onion, veggies and carrot and bring to a sizzle over high heat, then reduce the heat to medium. Stir often until the carrot is soft, about 5 minutes. Add the herbs and cubed bread, turn to mix and transfer to the baking dish.
- 2) In a medium bowl, whisk the egg with the milk, salt and pepper. Pour over the bread mixture in the dish, use the spatula to move the cubes to allow the egg mixture to seep through it all, then press it down to level the top. Cover with the cheese and sprinkle with parsley.
- 3) Bake for 30 minutes, until the cheese is well-browned and a knife inserted in the center of the dish comes out with no raw eggs on it. Let the dish cool for about 5 minutes before serving.