

Milz family recipe: Broccoli bake with almond & oat crust

☒ For four people:

1 kg broccoli, 800 g potatoes, 3 eggs, 4 tbsp cream cheese, 250 ml low-fat milk, 4 tbsp rolled oats, 4 tbsp grated Parmesan, 4 tsp chopped almonds, salt & pepper, a little nutmeg, curry powder.

☒ Break the broccoli into florets, remove stalks, parboil in salted water and drain. Peel the potatoes and grate roughly, pile into a baking dish and season with salt, pepper and nutmeg. Scatter the broccoli over the potatoes.

☒ Mix the eggs with cream cheese and milk. Season well with salt, pepper and curry. Stir in the rolled oats and Parmesan and pour the sauce over the bake. Scatter with chopped almonds and bake in the centre of a preheated oven (160-180°C) for 35 - 45 minutes.

Just keep an eye on it - every oven is different and baking times may vary.

Light, simple and tasty!

Bon appétit!



Milz Gemüsebau GbR