

# Healthy Lunch Box recipe

## Vegetable gratin



### Ingredients

Olive oil spray  
1kg frozen chunky mixed vegetables, thawed  
1 tbs margarine  
2 garlic cloves, crushed  
¼ tsp dried thyme  
¾ cup plain flour  
1 tsp Dijon mustard  
2 cups reduced-fat milk  
1 cup reduced-fat cheddar cheese, grated  
Salt and pepper, to taste  
1 cup fresh wholemeal bread crumbs  
2 tbs fresh parsley, chopped

- Serves 6

### Method

Preheat oven to 190°C. Spray an 18 x 28 cm shallow baking dish with oil. Drain thawed vegetables well and set aside.

Melt the margarine in a saucepan over medium heat. Add the garlic and thyme and cook for 30 seconds. Whisk the flour and mustard into the milk and gradually whisk into the saucepan. Cook, whisking constantly, for 5 to 10 mins or until thickened. Remove from the heat and stir in ¾ cup of the cheese until melted. Fold in the vegetables and pour into the baking dish.

In a bowl, combine the remaining cheese with the bread crumbs and parsley. Sprinkle over the vegetables and bake for 20 min or until golden brown.

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**Cancer Council**  
Healthy Lunch Box