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## SAVOURY VEGGIE CRUMBLE

1 hour | serves 6-8 portions

### INGREDIENTS

#### *OAT & HERBS CRUMBLE*

1 1/2 cups | 150 gr. rolled oat flakes  
1 1/2 cups | 150 gr. oat flour  
zest of 1 lemon  
1/2 cup | 65 gr. sunflower seeds  
1 tsp fine Himalayan pink salt  
1 tbsp dried thyme  
black pepper to taste  
6 tbsp refined coconut oil (odourless)

#### *VEGGIE FILLING*

1 small can of cooked chickpeas  
1 leek  
2 carrots  
1 red bell pepper  
1 red onion  
4 garlic cloves  
1 medium sweet potato  
200 gr. small new potatoes  
150 gr. brussel sprouts  
125 gr. cremini mushrooms  
2 tsp sea salt  
1 tsp black pepper  
1 tsp turmeric powder  
1 tsp smoked paprika  
2 tsp fennel seeds  
1/4 cup | 60 ml. white wine  
1 cup | 250 ml. vegetable stock  
a drizzle of extra virgin olive oil  
2 bay leaves

### STEP BY STEP

Start by gathering, preparing and measuring all of the ingredients. This will improve your dynamic in the kitchen.

#### *OAT & HERBS CRUMBLE*

1. Combine all of the ingredients, except for the coconut oil, in a bowl.
2. Add the coconut oil, one tablespoon at a time, and mix with your hands until the oil is properly incorporated.
3. Set aside while you prepare the veggies.

#### *VEGGIE FILLING*

1. Preheat the oven to 395°F / 200°C.
2. Wash and drain the chickpeas. Cut the leek and carrots into slices. Chop the bell pepper and onion and crush the garlic cloves with a garlic press. Peel the sweet potato and cut into cubes. Cut the potatoes and brussel sprouts into halves and the mushrooms into quarters.
3. Place the veggies in a baking dish or tray.
4. Combine all of the condiments in a small bowl, except for the olive oil and bay leaves, and mix well.
5. Pour the spice mix onto the veggies and toss them around to properly coat them.
6. Drizzle the veggies with extra virgin olive oil and shove the bay leaves in between the veggies, in distant corners of the baking tray.
7. Roast for 20-30 minutes or until the veggies are nearly cooked through, stopping once to give the veggies a quick toss.
8. Remove the tray from the oven, cover the veggies with the crumble and place back in the oven for 20 minutes or until the crumble is crunchy and golden brown.

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