Cauliflower and Chickpea Tray Crumble

1 shallow 9 x 13-inch/23 x 33 cm bake, divided into 3 generous portions · Active 30 min · Total 1 hr 5 min

Skills: Everyday cooking

Ingredients

• 1 medium cauliflower, cut into 1-inch/2.5 cm florets with tender peeled stem diced (600 g prepared)

• 1 tablespoon neutral oil (15 ml), divided: 2 teaspoons for cauliflower and 1 for onion

• 1 medium onion, finely diced (150 g)

• 2 garlic cloves, minced (6 g)

• 1 can crushed tomatoes (14 oz/400 g)

• 1 can chickpeas (15 oz/425 g), drained and rinsed to give 240 g

• 1/2 teaspoon sweet paprika (1 g)

• 1/2 teaspoon fine salt (3 g), divided

• 1/4 teaspoon ground black pepper (0.5 g)

• 1 cup coarse plain bread crumbs (80 g)

• 2 tablespoons butter (28 g), softened

Set out

Shallow 9 x 13-inch/23 x 33 cm baking dish, Saucepan, Mixing bowl, Wooden spoon, Food thermometer

Allergens

Wheat, Milk. Check labels and substitutions.

Make it

1. Heat oven to 425°F/220°C. Toss cauliflower in the baking dish with 2 teaspoons oil and half the salt. Roast uncovered for 20–25 minutes, turning once, until partly tender with browned edges.

2. Meanwhile heat the remaining teaspoon oil in the saucepan over medium-low heat. Cook onion for 7–8 minutes. Add garlic and paprika for 30 seconds. Add tomatoes, remaining salt and pepper and simmer uncovered for 10–12 minutes, stirring, until thickened. Stir in drained chickpeas and heat for 2 minutes.

3. Rub softened butter through the coarse bread crumbs in a bowl. Stir the hot tomato-chickpea mixture through the roasted cauliflower, spreading everything evenly in the dish.

4. Scatter the buttered crumbs over the surface without pressing them down. Bake for 20–25 minutes more, until the filling bubbles, the cauliflower is tender and the center reaches 165°F/74°C. If crumbs brown early, cover loosely with foil. Rest for 5 minutes, then divide into three portions.

Use the tender stem

Peel only the fibrous outside of a sound cauliflower stem. Dice its tender center small so it roasts alongside the florets.

A useful detail

Start with a thick tomato mixture. A thin filling steams the crumb lid from below and can leave it soft even when the top is browned.

Keep it well

Cool in shallow portions and refrigerate within 2 hours, or 1 hour above 90°F/32°C. Keep covered at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C in the center; an uncovered oven finish helps restore the crumb texture. Freeze portions for up to 2 months if useful, expecting a softer topping after thawing.