

Savory Broccoli and Carrot Bread Bake

This delightful bake combines the earthy flavors of broccoli and carrots with the comforting texture of bread. Topped with a buttery crust, it's an easy and nutritious main dish perfect for any meal.



Main Dish

25 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1 slice of bread
- 1/2 cup broccoli florets
- 1/2 medium carrot, finely chopped
- 1 tablespoon butter
- Salt and pepper to taste
- 1 tablespoon grated cheese (optional)

Steps

- 1 Preheat the oven to 375°F (190°C).
- 2 In a small pot, steam the broccoli florets and chopped carrots for about 5 minutes or until tender.
- 3 In a bowl, mix the steamed vegetables with salt, pepper, and grated cheese if using.
- 4 Spread butter on one side of the slice of bread and place it butter-side down in a small baking dish.
- 5 Spoon the vegetable mixture on top of the unbuttered side of the bread.
- 6 Bake in the preheated oven for 15–20 minutes, or until the bread is golden and crispy.
- 7 Serve warm and enjoy your nutritious meal!