



Beetroot & fennel gratin with macadamia & hazelnut dukkah

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



6

CALORIES



798 kcal

SIDE DISH

Ingredients

- ☐ 1 garlic clove crushed
- ☐ 1 tsp thyme leaves leaves picked chopped
- ☐ 500 ml double cream
- ☐ 50 ml soya sauce
- ☐ 1 small knob butter for the dish
- ☐ 700 g beets thinly sliced
- ☐ 300 g potatoes thinly sliced

- ☐ 1 large fennel bulb sliced
- ☐ 1 leek washed and sliced into rings
- ☐ 1 piece ginger grated
- ☐ 6 large eggs
- ☐ 85 g watercress washed
- ☐ 1 tbsp olive oil extra virgin extra-virgin
- ☐ 100 g pinenuts
- ☐ 100 g hazelnuts
- ☐ 50 g sesame seed
- ☐ 2 tsp coriander seeds
- ☐ 2 tsp cumin seeds
- ☐ 1.5 tbsp fennel seeds
- ☐ 1.5 tsp ground fenugreek
- ☐ 1 tsp sea salt
- ☐ 1 tsp paprika smoked hot

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ mortar and pestle

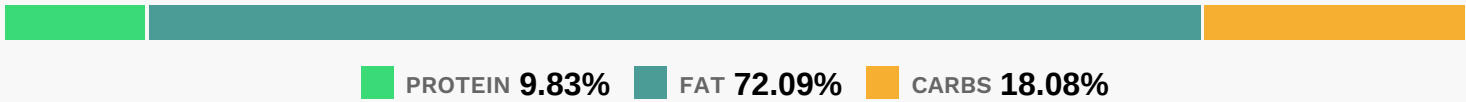
Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ To make the dukkah, put the macadamias and hazelnuts on a baking tray and roast for 8 mins or until just golden. Leave to cool, then chop in a food processor and tip into a bowl. Roast the

sesame, coriander, cumin and fennel seeds on a separate tray for 5 mins or until golden. Cool, then using a grinder or pestle and mortar, grind to a medium powder with the fenugreek, salt and hot smoked paprika, if using.

- ☐ Add to the ground nuts, mix thoroughly and set aside.
- ☐ Increase oven to 200C/180C fan/ gas
- ☐ Put the garlic, thyme, cream and soy or salt in a small pan and place over a medium heat to warm through.
- ☐ Remove and set aside.
- ☐ Butter a 30 x 20cm ovenproof dish and layer up the vegetables. First put 2 layers of beetroot, then a layer of potato, a scattering of fennel, leek and ginger, and spoon over a little cream mixture. Repeat this process until you have used up all the vegetables and cream, finishing with a layer of beetroot. Press down on the gratin, then cover with foil and bake for 45 mins or until the vegetables are tender.
- ☐ Remove foil from the gratin. Increase oven to 220C/200C fan/gas 7 and bake for a further 10 mins or until the top begins to brown.
- ☐ Remove gratin from the oven and let stand for about 10 mins.
- ☐ Meanwhile, bring a small pan of water to the boil. Boil the eggs for 7 mins, then cool under cold running water, peel and set aside. Keep the pan of water as you will need this later to reheat the eggs.
- ☐ To serve, reheat the peeled eggs in boiling water for 1-2 mins, then cut in half lengthways.
- ☐ Cut the beetroot gratin into 6 squares and put a piece on each of 6 plates. Scatter a handful of watercress over each, then carefully position 2 egg halves on top.
- ☐ Sprinkle a generous spoonful of dukkah over each half and drizzle over some extra virgin olive oil.

Nutrition Facts



Properties

Glycemic Index:80.29, Glycemic Load:13.48, Inflammation Score:-10, Nutrition Score:38.118695176166%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 4.06mg, Kaempferol: 4.06mg, Kaempferol: 4.06mg, Kaempferol: 4.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 798.49kcal (39.92%), Fat: 66.85g (102.84%), Saturated Fat: 25.25g (157.79%), Carbohydrates: 37.71g (12.57%), Net Carbohydrates: 27.2g (9.89%), Sugar: 14.61g (16.24%), Cholesterol: 288.25mg (96.08%), Sodium: 1088.35mg (47.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.52g (41.03%), Manganese: 3.56mg (177.94%), Vitamin K: 84.21µg (80.2%), Copper: 1.15mg (57.25%), Folate: 218.48µg (54.62%), Vitamin A: 2571.79IU (51.44%), Phosphorus: 482.34mg (48.23%), Magnesium: 179.03mg (44.76%), Vitamin E: 6.47mg (43.13%), Fiber: 10.51g (42.05%), Iron: 7.31mg (40.62%), Potassium: 1310.96mg (37.46%), Vitamin C: 30.75mg (37.27%), Vitamin B2: 0.59mg (34.83%), Selenium: 23.22µg (33.17%), Vitamin B6: 0.63mg (31.72%), Calcium: 290.78mg (29.08%), Vitamin B1: 0.39mg (26.31%), Zinc: 3.85mg (25.64%), Vitamin B5: 1.72mg (17.22%), Vitamin B3: 3.27mg (16.37%), Vitamin D: 2.34µg (15.61%), Vitamin B12: 0.59µg (9.75%)