

Pissaladière

 Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g strong bread flour white
- ☐ 1 tsp salt
- ☐ 2 tsp easy blend yeast dried
- ☐ 150 ml warm water
- ☐ 1 tbsp olive oil
- ☐ 4 tbsp olive oil for drizzling
- ☐ 1 kg onion thinly sliced
- ☐ 3 sprigs thyme leaves

- ☐ 2 tomatoes chopped
- ☐ 160 g anchovy fillets halved drained canned
- ☐ 1 handful olives black

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen towels

Directions

- ☐ Tip the flour, salt and yeast into a bowl.
- ☐ Pour in the water, spoon in the oil and mix to a soft dough. Turn out on to a lightly floured surface and knead for 5 minutes until the dough is smooth and no longer sticky.
- ☐ Return the dough to the bowl, cover with cling film or a damp tea towel and leave it to rise for 45 minutes to 1 hours or until the dough springs back when pressed. Don't worry too much is it takes more or less time it's not critical for this relaxed recipe.
- ☐ While the dough is rising, heat the oil in a large, deep frying pan or saut pan, throw in the onions and fry gently for about 10 minutes until softened but not browned, stirring from time to time.
- ☐ Sprinkle in the thyme and some salt and pepper, then tip in the tomatoes and stir well. Cover and cook gently for 45 minutes until the onions are meltingly soft, stirring occasionally and removing the lid for the last 10 minutes to reduce any liquid.
- ☐ Remove from the heat and leave to cool slightly.
- ☐ Preheat the oven to 220C/gas 7/fan 200C. Lightly oil a shallow 23x33cm baking tin or tray. Knead the dough again briefly, then roll it out and press it into the tin. Don't leave it to rise again.
- ☐ Spread the onion mixture over the dough, then arrange the anchovies on top, making a criss-cross pattern. Stud each window between the anchovies with an olive, then bake for 25-30 minutes until golden.
- ☐ Serve warm, cold or reheated, cut into squares.

Nutrition Facts



 **PROTEIN 15.69%**  **FAT 38.45%**  **CARBS 45.86%**

Properties

Glycemic Index:29.5, Glycemic Load:19.54, Inflammation Score:-9, Nutrition Score:15.619565196659%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 8.35mg, Isorhamnetin: 8.35mg, Isorhamnetin: 8.35mg, Isorhamnetin: 8.35mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 34.07mg, Quercetin: 34.07mg, Quercetin: 34.07mg, Quercetin: 34.07mg

Nutrients (% of daily need)

Calories: 362.22kcal (18.11%), Fat: 15.66g (24.09%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 42.02g (14.01%), Net Carbohydrates: 37.43g (13.61%), Sugar: 8.27g (9.18%), Cholesterol: 22.67mg (7.56%), Sodium: 1429.69mg (62.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.38g (28.75%), Selenium: 32.34µg (46.2%), Vitamin B3: 6.51mg (32.55%), Manganese: 0.57mg (28.26%), Vitamin C: 18.75mg (22.73%), Vitamin E: 3.08mg (20.55%), Folate: 76.87µg (19.22%), Fiber: 4.58g (18.34%), Vitamin B1: 0.25mg (16.95%), Phosphorus: 164.98mg (16.5%), Vitamin B6: 0.32mg (15.88%), Potassium: 533.45mg (15.24%), Vitamin K: 14.31µg (13.63%), Copper: 0.26mg (12.79%), Vitamin B2: 0.21mg (12.57%), Magnesium: 49.9mg (12.47%), Iron: 2.19mg (12.17%), Calcium: 114.48mg (11.45%), Zinc: 1.38mg (9.22%), Vitamin A: 393.05IU (7.86%), Vitamin B5: 0.77mg (7.73%), Vitamin B12: 0.24µg (3.92%), Vitamin D: 0.45µg (3.02%)