



WHATSheATE



Potato & wild mushroom melt



Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



891 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 g tarragon leaves picked
- ☐ 100 ml vegetable oil; peanut oil preferred
- ☐ 1 kg pink lady apples washed (or Charlotte)
- ☐ 6 medium tomatoes halved
- ☐ 6 servings walnut oil for drizzling
- ☐ 2 onion red thinly sliced
- ☐ 1 tablespoon juice of lime
- ☐ 450 g mushrooms wild mixed such as chanterelles, ceps and trompette des morts, trimmed

- ☐ 1 knob butter generous
- ☐ 2 tsp coarse mustard
- ☐ 200 ml whipping cream
- ☐ 450 g cheese thinly sliced
- ☐ 2 tbsp walnut pieces

Equipment

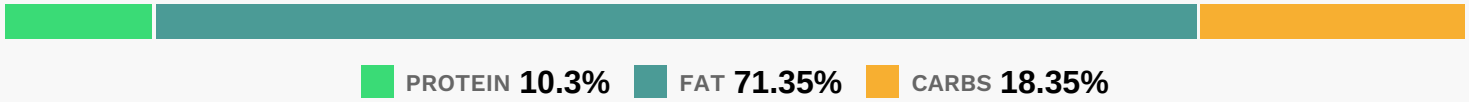
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ grill

Directions

- ☐ To make the tarragon oil, chop the tarragon leaves, then warm the groundnut oil in a small pan.
- ☐ Add the tarragon, season with a pinch of salt, then liquidise until smooth with a stick blender. Set aside. Can be done up to 2 days ahead.
- ☐ Cook the potatoes in boiling salted water for 20–25 mins. Cooking them a bit longer than usual will give them a very soft, almost creamy texture.
- ☐ Drain and halve the potatoes lengthways and season with salt and pepper.
- ☐ While the potatoes cook, arrange the tomatoes on a baking tray, season, then drizzle liberally with walnut oil. Put under a pre-heated grill and cook for 6–8 mins until they start to colour and soften. Set aside to be served at room temperature.
- ☐ Add the sliced red onions to the cooked potatoes, with the lime juice. Cover and keep warm.
- ☐ Heat oven to 220c/fan 200c/gas
- ☐ Rinse the mushrooms briefly and pat dry. Saut in butter over a high heat, then season.
- ☐ Add the mushrooms to the potatoes and red onions. Stir the mustard into the cream, then lightly whip the cream (see tip, opposite). Season and stir it amongst the potatoes, onions and mushrooms, then spoon over a large ovenproof platter.

- ☐
- Lay the strips of cheese, overlapping haphazardly, on top. Can be done up to 1 hr ahead.
- ☐
- Now finish it in style.
- ☐
- Bake until the cheese begins to melt and is tinged to a light golden brown, about 10–12 mins.
Arrange the grilled tomatoes down either side of the platter, scatter the broken walnuts (if using) Over the tomatoes and drizzle with tarragon oil.
- ☐
- Serve the rest of the tarragon oil separately.

Nutrition Facts



Properties

Glycemic Index:54.67, Glycemic Load:11.17, Inflammation Score:-9, Nutrition Score:28.499565248904%

Flavonoids

Cyanidin: 2.71mg, Cyanidin: 2.71mg, Cyanidin: 2.71mg, Cyanidin: 2.71mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 12.55mg, Epicatechin: 12.55mg, Epicatechin: 12.55mg, Epicatechin: 12.55mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 14.85mg, Quercetin: 14.85mg, Quercetin: 14.85mg, Quercetin: 14.85mg

Nutrients (% of daily need)

Calories: 890.54kcal (44.53%), Fat: 73.19g (112.6%), Saturated Fat: 28.16g (175.98%), Carbohydrates: 42.35g (14.12%), Net Carbohydrates: 33.7g (12.26%), Sugar: 25.29g (28.1%), Cholesterol: 120.42mg (40.14%), Sodium: 559.64mg (24.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.78g (47.57%), Calcium: 647.07mg (64.71%), Phosphorus: 535.61mg (53.56%), Vitamin A: 2660.31IU (53.21%), Manganese: 0.95mg (47.29%), Vitamin B2: 0.71mg (41.63%), Selenium: 27.68µg (39.54%), Vitamin C: 30.73mg (37.25%), Fiber: 8.65g (34.6%), Vitamin B6: 0.63mg (31.73%), Vitamin E: 4.4mg (29.36%), Potassium: 1012.95mg (28.94%), Zinc: 4.26mg (28.39%), Vitamin B3: 4.39mg (21.96%), Magnesium: 86.81mg (21.7%), Folate: 74.7µg (18.67%), Vitamin K: 18.98µg (18.08%), Vitamin B5: 1.81mg (18.07%), Copper: 0.36mg (17.78%), Iron: 2.82mg (15.65%), Vitamin B12: 0.85µg (14.24%), Vitamin B1: 0.16mg (10.55%), Vitamin D: 1.29µg (8.58%)