



Rabbit & mushroom hotpot



Vegetarian



Dairy Free

READY IN



135 min.

SERVINGS



4

CALORIES



418 kcal

SIDE DISH

Ingredients

- ☐ 3 tbsp olive oil for brushing plus a little extra
- ☐ 1 no boil lasagna noodles cut into legs, shoulders and loins (discard the rib cage, it's very bony)
- ☐ 250 g portabello mushrooms sliced (Portabellini)
- ☐ 1 kg potatoes thinly sliced
- ☐ 3 large onion spanish halved thinly sliced (large brown onions)
- ☐ 1 tbsp rosemary chopped
- ☐ 600 ml chicken stock see

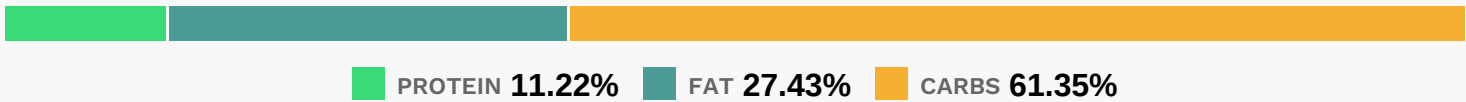
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Turn the oven to 180C/fan 160C/gas
- ☐ Heat the oil in a deep flameproof and ovenproof casserole dish.
- ☐ Add the rabbit pieces, then fry briefly until browned. Lift from the dish onto a plate, add mushrooms to the dish, then quickly stir-fry. Lift from the dish and take off the heat.
- ☐ Layer half the potatoes into the dish then, seasoning with salt and pepper as you layer, top with half the onions, mushrooms and rosemary, then top with the rabbit. Now follow with the rest of the onions, mushrooms, rosemary and a neat layer of potatoes.
- ☐ Pour over the stock and brush potatoes with oil.
- ☐ Put back on the heat and bring to the boil, then cover and put in the oven for 1 hour 15 mins. Take off the lid, then return to the oven at 220C/fan 200C/gas 7 for 30 mins more to brown the top.
- ☐ Serve with Savoy cabbage cooked with butter, a dash of water and a sprinkling of caraway seeds.

Nutrition Facts



Properties

Glycemic Index:45.19, Glycemic Load:34.42, Inflammation Score:-8, Nutrition Score:22.329130234926%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 24.59mg, Quercetin: 24.59mg, Quercetin: 24.59mg, Quercetin: 24.59mg

Nutrients (% of daily need)

Calories: 417.65kcal (20.88%), Fat: 13.09g (20.14%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 65.88g (21.96%), Net Carbohydrates: 57.14g (20.78%), Sugar: 10.77g (11.96%), Cholesterol: 6.57mg (2.19%), Sodium: 243.34mg

(10.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.04g (24.09%), Vitamin C: 58.38mg (70.77%), Vitamin B6: 1.07mg (53.61%), Potassium: 1622.85mg (46.37%), Vitamin B3: 7.99mg (39.93%), Fiber: 8.74g (34.95%), Manganese: 0.59mg (29.31%), Copper: 0.58mg (28.97%), Phosphorus: 284.29mg (28.43%), Selenium: 16.32µg (23.32%), Vitamin B1: 0.35mg (23.07%), Folate: 89.02µg (22.25%), Magnesium: 76.65mg (19.16%), Vitamin B2: 0.32mg (19.09%), Iron: 3mg (16.66%), Vitamin B5: 1.59mg (15.91%), Vitamin K: 11.83µg (11.26%), Vitamin E: 1.62mg (10.78%), Zinc: 1.49mg (9.91%), Calcium: 72.98mg (7.3%), Vitamin D: 0.19µg (1.25%)