



## Roast quail, tangled leek & potato vinaigrette



Vegetarian



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



2

CALORIES



1141 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 thyme sprigs
- ☐ 2 oven-ready quail
- ☐ 2 servings olive oil for rubbing and drizzling
- ☐ 1 small drizzle clear honey
- ☐ 4 quail eggs
- ☐ 3 leeks trimmed halved
- ☐ 8 salad potatoes sliced
- ☐ 2 tsp wholegrain mustard

- ☐ 1 tbsp cider vinegar
- ☐ 3 tbsp walnut oil

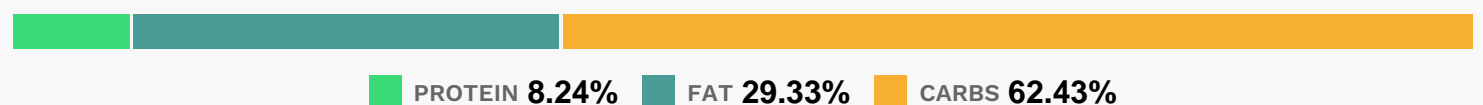
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

## Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put a thyme sprig in the cavity of each quail. Rub each bird with a little oil and honey, and season generously.
- ☐ Put the quail in a shallow roasting tin and roast for 20 mins until golden, then leave to rest in a warm place.
- ☐ While the quail are roasting, bring a large pan of salted water to the boil. Cook the eggs for 2 mins exactly, then scoop out into a bowl of cold water. Peel and set aside.
- ☐ Put the leeks in the boiling water and cook for 10 mins until soft. Scoop them out, put in a bowl and drizzle with olive oil while still hot. Boil the potatoes in the same pan for 8-10 mins until just cooked, then drain and add to the leeks.
- ☐ To make the dressing, whisk the mustard and vinegar together, then gradually add the oil to make a thick dressing and season. Halve the eggs and carve the quail (see step-by-step images).
- ☐ To serve, arrange a tangled nest of leeks, potatoes and quail breasts in the centre of each plate. Tuck in the eggs and top with the quail legs.
- ☐ Drizzle the dressing over and dot around the outside of the plate.

## Nutrition Facts



## Properties

Glycemic Index:142.51, Glycemic Load:114.56, Inflammation Score:-10, Nutrition Score:50.330434866573%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 10.38mg, Kaempferol: 10.38mg, Kaempferol: 10.38mg, Kaempferol: 10.38mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 1141.44kcal (57.07%), Fat: 38.07g (58.57%), Saturated Fat: 4.72g (29.51%), Carbohydrates: 182.37g (60.79%), Net Carbohydrates: 160.22g (58.26%), Sugar: 12.76g (14.18%), Cholesterol: 159.96mg (53.32%), Sodium: 158.96mg (6.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.08g (48.16%), Vitamin C: 185.49mg (224.83%), Vitamin B6: 2.86mg (142.93%), Potassium: 3913.8mg (111.82%), Manganese: 2.01mg (100.48%), Fiber: 22.15g (88.58%), Vitamin K: 90.55µg (86.24%), Magnesium: 240.06mg (60.02%), Folate: 234.45µg (58.61%), Iron: 10.46mg (58.09%), Phosphorus: 580.12mg (58.01%), Copper: 1.1mg (55.08%), Vitamin B1: 0.8mg (53%), Vitamin B3: 9.59mg (47.94%), Vitamin A: 2391.29IU (47.83%), Vitamin B5: 3.05mg (30.45%), Vitamin B2: 0.46mg (27.24%), Vitamin E: 3.62mg (24.15%), Calcium: 200.42mg (20.04%), Zinc: 2.95mg (19.67%), Selenium: 11.36µg (16.23%), Vitamin B12: 0.28µg (4.74%), Vitamin D: 0.25µg (1.68%)