



WHATSheATE



Spring veggie casserole with little herb dumplings



Vegetarian

READY IN



120 min.

SERVINGS



6

CALORIES



388 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 100 g self raising flour
- ☐ 50 g butter cut in pieces at room temperature
- ☐ 50 g cheddar cheese finely grated
- ☐ 3 tbsp parsley finely chopped
- ☐ 3 tbsp olive oil light
- ☐ 8 shallots peeled cut in half lengthways
- ☐ 250 g baby potatoes

- ☐ 3 garlic clove peeled cut in half lengthways
- ☐ 200 g baby carrots whole
- ☐ 2 fennel bulb cut into 8 wedges (500g total weight)
- ☐ 600 ml vegetable stock good boiling (Marigold Swiss bouillion is)
- ☐ 300 g sauvignon blanc white wine fruity such as sauvignon blanc or pinot grigio
- ☐ 1 pinch t brown sugar dark light
- ☐ 0.5 tsp soy sauce light
- ☐ 200 g green beans trimmed cut in half
- ☐ 250 g crimini mushrooms halved
- ☐ 200 g baby zucchini cut into 4 chunks, or 2 courgettes cut in sticks
- ☐ 2 tsp cornstarch
- ☐ 0.5 to 5 chillies fresh red seeded finely chopped
- ☐ 1 tbsp chives snipped chopped

Equipment

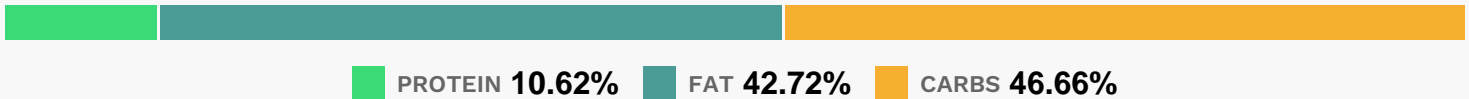
- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ To make the dumplings, rub the flour and butter together so it looks like breadcrumbs. Stir in the cheese, parsley and salt and pepper to season and set aside.
- ☐ Heat the oil in a large pan or flameproof casserole (about 3.5 litres) over a high-ish heat, then throw in the halved shallots. Fry for 2–3 minutes till beginning to soften and turn brown and gold in places. Now still working on quite a high heat, add the potatoes and watch for the same effect, about 5–7 minutes, stirring with a wooden spoon and generally moving the pan about a bit.
- ☐ Add the garlic, carrots and fennel, allowing a couple of minutes between each so they get a chance to release their flavours.

- ☐
- Pour in the stock along with most of the wine, then stir in the sugar and soy sauce and return to the boil. Simmer covered for 10 minutes. If preparing ahead make up to the end of step 2, cool and chill for up to five hours. About 20 minutes before you are ready to serve, bring back to the boil, and continue with step
- ☐
- Stir about 2 tbsp of water into the dumpling mixture to form a soft dough. Break off small pieces to make 20–25 dumplings, then shape into rounds about the size of a cherry tomato.
- ☐
- Add the green beans and simmer for 5 minutes, then add the mushrooms and courgettes. Stir the cornflour into the remaining wine until it has dissolved, then stir into the casserole until it thickens. Bring to the boil, stir well then gently place the dumplings on top. Cover the pan with a lid and simmer gently for about 15 minutes till the dumplings have risen, and the stew is rich and thick and the vegetables deliciously tender. Check the seasoning.
- ☐
- Mix the chilli and herbs together in a small bowl and scatter on top of the casserole.

Nutrition Facts



Properties

Glycemic Index:93.46, Glycemic Load:17.57, Inflammation Score:-10, Nutrition Score:27.085217304852%

Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 387.74kcal (19.39%), Fat: 17.43g (26.82%), Saturated Fat: 7.04g (44%), Carbohydrates: 42.83g (14.28%), Net Carbohydrates: 35.38g (12.86%), Sugar: 10.74g (11.94%), Cholesterol: 26.25mg (8.75%), Sodium: 614.14mg (26.7%), Alcohol: 5.25g (100%), Alcohol %: 1.35% (100%), Protein: 9.75g (19.49%), Vitamin A: 5818IU (116.36%), Vitamin K: 105.33µg (100.32%), Vitamin C: 45.21mg (54.8%), Manganese: 0.73mg (36.48%), Potassium: 1155.22mg (33.01%), Selenium: 21.83µg (31.18%), Fiber: 7.46g (29.83%), Vitamin B6: 0.5mg (25.15%), Phosphorus: 248.13mg (24.81%), Copper: 0.47mg (23.5%), Folate: 88.06µg (22.01%), Vitamin B2: 0.37mg (21.5%), Vitamin B3: 3.53mg (17.67%), Magnesium: 65.48mg (16.37%), Calcium: 163.11mg (16.31%), Iron: 2.77mg (15.42%), Vitamin B5: 1.5mg (15.01%), Vitamin E: 1.98mg (13.22%), Zinc: 1.79mg (11.93%), Vitamin B1: 0.18mg (11.75%), Vitamin B12: 0.14µg (2.4%)