



Stewed rabbit with broad beans

 Dairy Free

READY IN



230 min.

SERVINGS



4

CALORIES



843 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp vegetable oil
- ☐ 1 rabbit whole cut into 6 pieces (get your butcher to do this)
- ☐ 200 g bacon lardons smoked
- ☐ 3 carrots cut into small pieces
- ☐ 2 onions cut into small pieces
- ☐ 3 celery stalks cut into small pieces
- ☐ 2 tbsp flour plain
- ☐ 300 ml ale light

- ☐ 2 bay leaves
- ☐ 0.5 bunch thyme leaves
- ☐ 700 ml chicken stock see fresh (if possible)
- ☐ 500 g broad bean fresh frozen podded peeled (or use)

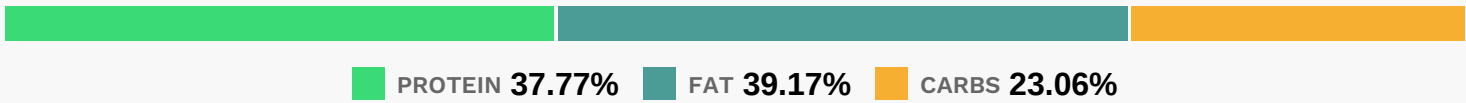
Equipment

- ☐ casserole dish

Directions

- ☐ Heat the oil in a large flameproof casserole dish. Brown the rabbit in batches, then transfer to a plate.
- ☐ Add the bacon and fry until crisp. Reduce the heat to low, throw in the vegetables and sweat for 15 mins until soft but not brown.
- ☐ Add the flour and cook for a few mins.
- ☐ Increase the heat again, pour in the ale and boil hard, scraping the base of the dish, until well reduced. Return the rabbit to the dish with the herbs, stock and some seasoning. Cover and very gently simmer on the hob for 2 hrs or until the rabbit is really tender and the sauce thickened. Top up with water occasionally, if needed.
- ☐ Stir the broad beans through the stew 5 mins before serving.

Nutrition Facts



Properties

Glycemic Index:81.08, Glycemic Load:16.1, Inflammation Score:-10, Nutrition Score:35.329130426697%

Flavonoids

Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg Gallocatechin: 0.06mg,

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Nutrients (% of daily need)

Calories: 842.68kcal (42.13%), Fat: 35.29g (54.3%), Saturated Fat: 10.11g (63.19%), Carbohydrates: 46.76g (15.59%), Net Carbohydrates: 37.56g (13.66%), Sugar: 9.63g (10.7%), Cholesterol: 240.83mg (80.28%), Sodium: 755.4mg (32.84%), Alcohol: 2.92g (100%), Alcohol %: 0.47% (100%), Protein: 76.57g (153.15%), Vitamin A: 7726.99IU (154.54%), Vitamin B3: 23.09mg (115.47%), Phosphorus: 888.97mg (88.9%), Iron: 11.01mg (61.17%), Selenium: 42.76µg (61.09%), Potassium: 1827.42mg (52.21%), Folate: 170.76µg (42.69%), Magnesium: 156.84mg (39.21%), Fiber: 9.2g (36.79%), Manganese: 0.72mg (35.77%), Vitamin B1: 0.49mg (32.4%), Vitamin B2: 0.54mg (31.5%), Vitamin B6: 0.5mg (25.07%), Copper: 0.5mg (24.79%), Vitamin K: 23.63µg (22.51%), Zinc: 2.35mg (15.69%), Calcium: 117.77mg (11.78%), Vitamin C: 8.42mg (10.2%), Vitamin E: 1.17mg (7.82%), Vitamin B5: 0.72mg (7.23%), Vitamin B12: 0.26µg (4.42%), Vitamin D: 0.2µg (1.33%)