

Spinach and Chickpea Gratin

A vegetarian dish adapted from a magazine. Vegans may omit the cheese and replace the crème fraîche for coconut cream.

Serves: 6

Total Preparation time: 20 minutes

Cooking time: 30 minutes

Ingredients

100g All bran flakes
Handful each of fresh herbs such as parsley, thyme and rosemary
120g parmesan or strong cheddar, cut into small chunks
4 red onions, peeled and quartered
2 cloves garlic
20g olive oil
20g plain flour
1 x 400g tin chickpeas, drained
100g water
1 tblsp vegetable stock concentrate
300g crème fraîche
Seasoning to taste
450g baby spinach, steamed lightly and drained
4 large tomatoes, sliced



Method - Preheat oven 180°C

1. Place the bran flakes, fresh herbs and cheese into TM bowl. Chop **6 sec/speed 8**.
2. Set aside. Place onions and garlic into TM bowl. Chop **3 sec/speed 5**. Add olive oil and sauté **10 min/Varoma/reverse/speed 1**. Add the flour the last minute of cooking.
3. Add the chickpeas, water, stock and crème fraîche. Season well. Cook a further **4 min/100°C/reverse/spoon speed**.
4. Add spinach and cook a further **1 min/100°C/reverse/spoon speed**.
5. Transfer to a large ovenproof gratin dish.
6. Arrange tomato slices over and sprinkle the bran mixture liberally on top.
7. Bake 30 – 40 minutes until well browned on top.

Cook's notes

- To steam spinach, place 500g water into TM bowl. Position Varoma on top with spinach in Varoma dish. Steam **10 min/Varoma/speed 2**.
- Replace crème fraîche with coconut cream or cream.
- Add an extra tin of chickpeas.
- Replace chickpeas with tinned beans or lentils.

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