

Celeriac & Onion Gratin

Makes: Servings 6

Ingredients

1 medium/large (about 1kg) celeriac thinly sliced
2 medium onions thinly sliced
1 chicken stock cube
200ml boiling water
50ml single cream
Ground black pepper



Instructions

Preheat oven to 160C/310F

Peel the outer layer off the celeriac and using either a food processor or mandolin, slice it very thinly. Place in a bowl and leave to one side. Now slice the onions in the same way using food processor or mandolin.

Using a 10 x 7 inch oven proof dish arrange a layer of the celeriac slices on the bottom of the dish and then a layer of onions followed by a sprinkling of ground black pepper, repeat the layers of celeriac, onion and pepper until all the ingredients are used.

Add the stock cube to the boiling water and stir until dissolved and add the cream. Pour this mixture over the top of the celeriac and onions. Place in oven and cook for 90 minutes.

Nutrition information:

Each Serving:

Kcal	87
Fat	4.3g
Net Carbs	9.0g
Protein	3.2g