



# Beetroot bread with nuts

30'  
Hands on

60''  
Hands off

60'  
Cook Time

8-10  
Portion(s)

2  
Difficulty



## Method

### For the bread

- In a [pot](#) with boiling water, add the beets and boil for 20 minutes.
- Drain, transfer into a dosing container, and beat with an immersion blender until pureed. Divide the mixture into two bowls and set aside.
- In a mixer's bowl add 300 g of the beet mash, water, yeast, and mix with a hand whisk. Allow 10 minutes for the yeast to be activated.
- Add the flour, olive oil, salt, and beat with the hook attachment at medium-high speed for 5-6 minutes, until the ingredients are combined.
- Finely chop the walnuts and add them to the mixer's bowl. Lower the speed and beat for 1 minute.
- Transfer into a [baking pan](#). Brush with the egg and sprinkle the mixed nuts. Cover with a towel and allow 1 hour for it to rise.
- Preheat the oven to 180° C (356° F) set to fan.
- Score the bread at three spots and bake for 30-40 minutes.

### For the dip

- Place a [frying pan](#) over medium heat, add the fennel seeds, and sauté for 1-2 minutes.
- Transfer into a [mortar and pestle](#) and crush them until powdered.
- In the bowl with the remaining beet mash, add the yogurt, lemon zest and juice, salt, pepper, olive oil, fennel seeds, and mix.
- Serve with green salad, cherry tomatoes, feta cheese, olive oil, salt, pepper.

## Ingredients

### For the bread

- 300 g beetroots
- 50 g water
- 1 tablespoon(s) yeast
- 450 g hard flour
- 2 tablespoon(s) olive oil
- 1 teaspoon(s) salt
- 70 g walnuts
- 1 egg, for the brushing
- 50 g nuts

### For the dip

- 1 teaspoon(s) fennel seeds
- 300 g beetroot puree
- 200 g strained yogurt
- lemon zest, of 1 lemon
- 1 teaspoon(s) lemon juice, of 1 lemon
- salt
- pepper
- 2-3 tablespoon(s) olive oil

### To serve

- green salad
- salt
- slices bread
- cherry tomatoes
- feta cheese
- olive oil
- pepper

## Διατροφικός πίνακας

### Nutrition information per portion

351 Calories (kcal)	15.0 Total Fat (g)	2.2 Saturated Fat (g)	40.0 Total Carbs (g)
18%	21%	11%	15%
7.1 Sugars (g)	11.0 Protein (g)	3.7 Fibre (g)	0.79 Sodium (g)
8%	22%	15%	13%