Beetroot bread with nuts

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 beets
- 50 g water
- 1 tablespoon dry yeast
- 450 g bread flour
- 2 tablespoons olive oil
- 1 teaspoon salt
- 70 g walnuts
- 1 egg, for the brushing
- 50 g mixed nuts

For the dip
- 1 teaspoon fennel seeds
- 300 g beet mash
- 200 g strained yogurt
- zest from 1 lemon
- 1 teaspoon lemon juice
- salt
- pepper
- 2-3 tablespoons olive oil

To serve
- green salad
- salt
- cherry tomatoes
- feta cheese
- olive oil
- pepper

Διατροφικός πίνακας

Nutrition information per portion

<table>
<thead>
<tr>
<th></th>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Total Carbs (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>351</td>
<td>15.0</td>
<td>2.2</td>
<td>40.0</td>
</tr>
<tr>
<td></td>
<td>18%</td>
<td>21%</td>
<td>11%</td>
<td>15%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Fibre (g)</th>
<th>Sodium (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>7.1</td>
<td>11.0</td>
<td>3.7</td>
<td>0.79</td>
</tr>
<tr>
<td></td>
<td>8%</td>
<td>22%</td>
<td>15%</td>
<td>13%</td>
</tr>
</tbody>
</table>