# BAKED FENNEL AU GRATIN FLANS WITH MUSSELS

**Categoria:** Side dishes **Tempo di preparazione:** 15 minutes **Difficoltà:** medio

## Ingredienti per 4

- 4 medium size fennel bulbs
- 3 red onions
- 2 tablespoons of extra virgin olive oil
- 1 glass of vegetable stock
- 400g shelled mussels
- breadcrumbs, as needed
- 1 tablespoon of white wine vinegar
- 1 teaspoon of sugar
- 400 g yellow datterini tomatoes
- 1 tablespoon of dry white wine
- 20 capers
- aged balsamic vinegar, as needed

*A typical winter vegetable, fennel is known for its digestive and diuretic properties, contains a lot of water and is calorie-free. A simple, quick and tasty recipe.*

Difficulty: **easy**
Cost: **moderate**
Preparation time: **15 minutes**
Serves: **4**

**Method**

Clean and cut the fennel into strips, soak them for a few minutes in water, then drain them. Clean and finely chop 1 onion, sauté in extra virgin olive oil in a frying pan. When golden, add the fennel, mix and cover with the warmed vegetable stock. Simmer until the liquid is completely consumed.

Put the mussels in a pan with water, cover them and let them cook until they open. Remove the water, shell them and toss them in the breadcrumbs.

Meanwhile, prepare 2 sweet and sour onions: clean them and cut them into thin slices, put them in a pan with extra virgin olive oil, add the white wine vinegar and let it evaporate and add 1 teaspoon of sugar. Simmer for at least 10 minutes. Let them cool.

Put the fennel in single-portion moulds and place the previously prepared mussels on top. Bake in the oven for a few minutes at 180°C.

Prepare the yellow datterini tomato cream: sauté the tomatoes in a frying pan in extra virgin olive oil and a tablespoon of dry white wine. Pass them through a coarse sieve and spread the yellow tomato cream obtained on each plate. Garnish with capers and a drizzle of aged balsamic vinegar.

Let the fennel and mussel flans cool for a couple of minutes, place them on each plate, gently remove the moulds and garnish with the sweet and sour onions. Enjoy!