

Healthy stuffing that taste great!

This recipe makes the most flavoursome stuffing. Make a healthy choice with your stuffing by cutting out the butter. Add flavour by using lots of grated vegetables and zingy fresh herbs.

Remember, when cooking with meat like pork and chicken, the stuffing will absorb a lot of the saturated fat. Again make a healthy choice and cook your stuffing rolled in grease proof paper and tin foil. Slice up into nice rounds to serve.



Vegetable wholegrain bread stuffing (Serves a group of 10)

Ingredients for stuffing

Oil	2 tablespoons
Onion diced	1 large
Garlic crushed or chopped	4 cloves
Bread wholegrain crumbed	5 slices
Carrot grated	½ cup
Kumara grated	½ cup
Pumpkin grated	½ cup
Salt & pepper	pinch (optional)
Fresh herbs mix	5 tablespoons (If dried herbs only 1 tablespoon)
Egg	1

Method for stuffing

1. Add onions and garlic with a tablespoon of oil into glass bowl. Cook in microwave until transparent (about 2 minutes).
2. Add all the grated vegetables and crumbed bread.
3. Add 1 egg and mix well.
4. On a bench place about 30 cm of grease proof paper.
5. Then place all the stuffing mix into a sausage shape along the greaseproof paper.
6. Roll the mix in the paper, screw the ends so the roll is nice and tight.
7. Roll the greaseproof roll in the same amount of tinfoil so the stuffing roll is completely covered.
8. Place the stuffing roll in the oven and bake for 45 minutes.
9. When ready to service unwrap the roll and slice the mix in to thin rounds and place on plate.

Tip!

When adding garlic and onions to stuffing cook them until transparent, this will make the dish more flavoursome and stop the garlic repeating.