

Vegetable based stuffing for roast meats

Serves 12

(For 2 roast chickens)



This recipe is good for stuffing roast chickens, a boned lamb leg roast, and rolled pork roast or it can even be placed inside whole baked fish. The recipe makes the most flavoursome vegetable stuffing and is a great way to help those fussy kids start eating more vegetables. Add healthy vegetables to your bread stuffing, bringing flavour into your roast meats, or baked fish, with these tasty vegetables and zingy fresh herbs.

Stuffing

Ingredients

- 5 Tbsp oil
- 2 large onions diced
- 6 garlic cloves peeled, crushed & chopped
- 5 slices whole grain bread crumbed
- 1 small kumara grated 1 cup
- 1 cup pumpkin peeled & grated
- 1 cup courgette grated
- 1 medium grated carrot
- 1 Tbsp of dried herbs or about 8 Tbsp if using fresh herbs (rosemary, thyme, sage and/or parsley)
- Any soft tomatoes you need to use (optional 2 diced)
- 1 cup of frozen corn (optional)
- Pinch of salt (optional)
- Pinch of pepper
- 2 eggs whisked lightly

Method

1. Grate the vegetables; chop the onions, garlic and herbs. Then crumb the 5 slices of bread.
2. Cook the onions and garlic with the oil in a saucepan at medium heat, until transparent, for about 4 minutes. Or you can cook the same ingredients in the microwave until transparent for about 2 minutes.
3. Then remove from heat.
4. Add all the grated vegetables and then let cool for 4 minutes.
5. Add the crumbed bread and eggs and mix well into the stuffing.
6. Add the stuffing into the cavity of the meat.
7. Place about 30 cm of grease proof paper on the bench.

8. Then place all the leftover stuffing mix into a sausage shape roll along the greaseproof paper.
9. Roll the mix in the paper nice and tight; screw the ends so the roll keeps holding the tension.
10. You can roll the stuffing again in tin foil but this is optional.
11. Place the stuffing roll in the oven on a roasting tray for the last 60 minutes of cooking the meal.

Plating up

1. Portion the roast meat and place on a platter or plates with the stuffing next to the meat.
 2. Unwrap the rolled stuffing and slice the mix into thin rounds and place on platter or plates as well.
 3. Place your selection of vegetables next to the beautiful tasty roast meal.
 4. Serve with a nice crisp Feta or Tabouli salad. Recipes for these salads are on this website.
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