

CHESTNUT STUFFING

Chestnut Stuffing is the ideal accompaniment to your turkey Christmas Dinner

Serves 8

Per serving 85 calories, 0.8g fat

Preparation time 25 minutes

Cooking time 20 - 25 minutes

INGREDIENTS

1 medium onion, finely chopped
1 garlic clove, crushed
115g (4oz) fresh breadcrumbs
1 tbsp finely chopped fresh thyme
1 tbsp chopped fresh parsley
115g (4oz) peeled chestnuts, finely chopped
1 tsp finely grated lemon zest
300ml (1/2 pint) hot chicken stock
black pepper to taste

METHOD

1. Remove the loose outer leaves from the sprouts, using a small paring knife.
2. Make a small nick in the form of a cross in the stalks.
3. Cook in boiling water with the stock until just tender.
4. Chop the pancetta or bacon into small pieces.
5. Preheat a non-stick pan. Add the pancetta or bacon.
6. Dry-fry for 3 - 4 minutes until crisp, then remove from the pan and place on kitchen paper.
7. Wipe out the pan with kitchen paper.
8. Return the pancetta to the pan, add the cooked, drained Brussels sprouts and mix well.
9. Season with pepper. Spoon into a serving dish and keep warm until ready to serve.

