



Turkey stuffing

One of the best parts of a Christmas turkey is the stuffing. To avoid squabbles over who gets how much, serve this fragrant, meat-free stuffing in individual ramekins to accompany your turkey meat.

Ingredients

- 1 leek (white part only), cut in half and sliced
- 3 celery stalks, finely chopped
- 2-3 teaspoons extra virgin olive oil, plus extra for greasing ramekins
- 2 tablespoons fresh sage
- 2 tablespoons fresh thyme
- 2 cups pecans or walnuts, ground to a breadcrumb texture
- 1 cup pepitas
- 1 cup dried cranberries (not craisins)
- 2 eggs, lightly beaten
- Pinch of salt, freshly ground black pepper

Recipe by
Sandra Vilella
Jean Hailes
Naturopath



⌚ Prep time: 10-15 minutes. Cooking time: 20-25 minutes 🍴 Serves 6
Gluten free, dairy free, vegetarian



Method

Preheat oven to 175°C. In a frypan, add olive oil and cook leek and celery on medium heat, stirring frequently for 4-5 minutes, or until softened and lightly browned. Add herbs and stir for one minute, until fragrant. Remove from heat.

In a bowl, combine, nuts, pepitas and cranberries. Add the leek mixture, mix together. Add the eggs, salt and pepper, mix to combine.

Lightly grease 6 ramekins (10cm diameter) with olive oil. Divide mixture evenly among the ramekins, packing it in firmly. Cook in oven for 20-25 minutes until lightly browned on top. Allow to cool for a few minutes. Either serve in ramekins, or run a knife around the edge of the ramekin to loosen and turn onto a plate, and rest another plate on the upturned 'pie' to turn it back to its original position.

Nutritional information

This meat-free stuffing is made up of whole food ingredients. Ground nuts, leek and celery form the base instead of bread and/or mince (traditionally used as the bulk of stuffing), along with some classic aromatic stuffing herbs. The celebratory green and red colours of Christmas are represented by pepitas and dried cranberries, and the cranberries in the stuffing complement the turkey instead of the traditional cranberry sauce. The result – a festive side dish, with the crunch of pepitas, the flavoursome taste of savoury herbs and the sweetness of moist cranberries.

Tip: the mixture can be prepared the night before, put in ramekins and covered, and stored in the refrigerator.