Dinner

Golden Chestnut Stuffing with Apricots and Thyme

A savoury wholemeal bread stuffing studded with sweet dried apricots and tender chestnuts, lifted with thyme and fresh parsley.



Vegetarian | Low fat

45 min	147	23.1 g	8.1 g
time	calories	carbs	sugars

Ingredients, 10 servings

- [ ] 1 tbsp sunflower oil
- [ ] 4–5 onions (450g), chopped
- [ ] 2 cloves garlic, crushed
- [ ] 6 slices wholemeal bread (240g) roughly torn
- [ ] 1 heaped tsp dried thyme (or 2 tsp fresh thyme)
- [ ] good pinch pepper
- [ ] 100 g ready-to-eat dried apricots, some halved some roughly chopped
- [ ] 200 g pack vacuum-packed chestnuts, some halved some whole
- [ ] 2 tbsp freshly chopped parsley

Method

- [ ] **1** Warm the sunflower oil in a frying pan and cook the chopped onions for 5 minutes, until they have softened and started to brown, then add the crushed garlic and let it cook for a further minute.
- [ ] **2** While the onions fry, place the roughly torn wholemeal bread in a bowl with the dried thyme, a good pinch of pepper and 500ml boiling water. Leave it to sit for a couple of minutes, then work it with a fork until all the bread breaks down into a thick porridge.
- [ ] **3** Stir the cooked onions and garlic into the bread bowl, then fold in the ready-to-eat dried apricots, the vacuum-packed chestnuts and the freshly chopped parsley, mixing until everything is evenly combined.
- [ ] **4** Press the mixture into a lightly oiled ovenproof dish and bake for 25 to 35 minutes.

Nutrition Facts

Per serving

Calories	**147**
Total fat	2.3 g
Saturated fat	0.3 g
Sodium	Not listed
Total carbs	23.1 g
Fiber	4.7 g
Total sugars	8.1 g
Protein	3.7 g

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