

CHESTNUT STUFFING

with Sage, Onion & Apple

We have an appetite for change; to help save the planet one delicious plant-based meal at a time.

Join us on our mission by enjoying this stuffing mix made with onion, chestnut pieces, apple and sage.

good to know

- ✓ Source of fibre
- ✓ Low in fat
- ✓ Gluten free

Nutrition information:

Nutrition per 100g (oven cooked)

Energy kJ/kcal	598/142
Fat	2.0g
of which saturates	0.5g
Carbohydrate	25g
of which sugars	2.5g
Fibre	4.3g
Protein	3.4g
Salt	1.20g

Ingredients: Onion (26%), Chestnut Pieces (20%), Water, Apple (17%), Gluten Free Breadcrumbs (Cornflour, Salt, Sunflower Oil, Caramelised Sugar), Sage (0.4%), Salt, Thyme, Parsley, Black Pepper.

Allergens: May contain traces of soya.

Storage: Store in a cool, dry place.
Once opened, refrigerate and use within 3 days.

Warning: Do not put pouch in microwave.

Packaged in a protective atmosphere.

simple to prepare

Tip stuffing into a bowl and mix well, adding a splash of water if needed. Shape into 8 balls and place on a lined baking tray. Alternatively, pack the mix into a non-stick ovenproof dish. Bake in the centre of a pre-heated oven (180°C) for 20-25 minutes until golden.

a recipe for change

For a delicious snack, mix the stuffing, adding a splash of water if needed and shape into a roll. Place to one side of half a sheet of puff pastry then fold over the stuffing roll and seal well. Brush with milk (or alternative) and bake for 25 minutes at 200°C until golden then cut into individual rolls. Serve with chutney and enjoy!



Serving suggestion

Find more recipes at merchant-gourmet.com

Best before:

EAT MORE PLANTS

   **@merchantgourmet**

Merchant Gourmet UK
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200g e

Serves 4 (50g per serving)



*Appetite for change
recycle scheme*

Find out how to recycle
this pouch on our website.

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