



There is a reason why we seem to have a roast on Wednesdays. We often receive veg on Fridays which is a little past its best and would otherwise be composted. By Wednesday we therefore have a collection of bendy Carrots and maybe Parsnips in the fridge. Well that's our excuse, anyway?

As ever Sue Gluten free Sage and Onion Stuffing Balls were the star of the show.

Ingredients (This time):-

Onions, roughly chopped

Fresh Sage, chopped

Gluten free Bread crumbed in the food processor

1 Egg, beaten

Salt & Pepper

Method:-

- (1) Lightly fry the Onions until they are translucent and set aside to cool.
- (2) When cool enough to handle mix all the ingredients and form into balls.
- (3) When your roast is 20 minutes from being ready pop the Stuffing Balls in the oven on a tray.