



Recipe by Shannon Bennett

Chicken stuffed onions

Ingredients

4 large onions, unpeeled, halved crossways
1.5kg good-quality chicken sausages, casings removed
2 bunches sage, leaves picked, half finely chopped
4 garlic cloves, crushed
150g fresh breadcrumbs
60ml extra virgin olive oil
Murray River Salt Flakes

To Serve

Baby parsley leaves

Preparation Time: 15 minutes

Cooking time: 45 minutes

Servings: 10-12

Appliance and Function

Fan Grill

Fan Plus

Method

1. Pre-heat the Grill to 300°C, or Grill setting 3.
2. Place onions, cut-side down, on a multi-purpose tray and grill on shelf position 5, checking occasionally, for 10 minutes or until the onion skins are burnt. Set aside to cool.
3. When cool enough to handle, discard skin and carefully separate the onion layers to make cups (you may need to trim the onion roots to separate layers. This leaves a hole, don't worry, stuffing won't fall through). Arrange onion cups, cup-side up, across a paper lined baking tray.
4. Pre-heat Oven on Fan Plus at 180°C.
5. Combine chicken meat, half the chopped sage, garlic and half teaspoon salt flakes in a bowl and divide among onion cups. Toss breadcrumbs and remaining chopped sage in a bowl and scatter over onions. Drizzle with 2 tablespoons oil and set aside.
6. Roast onions for 20 minutes, add the rest of the sage leaves and drizzle with oil. Bake for a further 10 minutes, or until filling is cooked through and breadcrumbs are golden.
7. Transfer onions to a serving platter and scatter with salt flakes, crispy sage and baby parsley leaves to serve.

Hints and tips

Onions can be grilled a day ahead and kept in the refrigerator until required.



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