

PORK, APPLE & HERB 'SAUSAGES'

RECIPE BY CLEAN PLATE

MAKES 15 MINI



INGREDIENTS

- 300 g Pork mince
- 1 each Small onion, finely chopped
- ½ each Apple, grated (fine to leave the skin on)
- 2 tsp Fresh sage, finely chopped (or ½ tsp dried)
- 2 tsp Fresh thyme, finely chopped (or ½ tsp dried)
- 1 each Egg, lightly beaten
- 3 Tbsp Breadcrumbs
- Salt and pepper, to taste
- 1 Tbsp Olive oil (or alternative, for frying)



METHOD

1. In a frying pan, add the olive oil, onion and herbs. Lightly season with salt and pepper and cook on a medium heat for a few minutes until soften. If onion starts browning too fast, add a few drops of water to the pan (about one teaspoon at a time, to help soften the onions without burning). Once soften, transfer the onion mixture to a plate to allow to cool.
2. In a bowl, add pork mince, grated apple and cooled onion mixture. Mix. Now add the lightly beaten egg, breadcrumbs and seasoning.
3. Mix works best using hands, but you could also use a spatula or wooden spoon, if preferred. If mixture feels too wet, add more breadcrumbs.
4. Taste seasoning before shaping mini sausages by rolling a marble-size ball of mixture and cooking for 15-20 seconds in the microwave (or pan). Correct seasoning by adding more salt, pepper or herbs, accordingly.
5. Line a flat tray with baking paper. Using moist hands shape mini sausages with about a tablespoon worth of pork mixture – it's easier to roll into a ball first then give it an elongated shape. Repeat until all mixture is gone. Place tray in the fridge for at least 20-25 minutes to cool and set.
6. When ready to cook sausages, add a little oil to a frying pan over a medium heat. Cook sausages, turning them around so they colour evenly, until fully cooked.



To make it **Egg Free**: Omit egg or use egg replacer

To make it **Gluten Free**: Use gluten-free breadcrumbs