

Recipe  
**10**

Serves  
**6+**

# Roast Dinner Extras



## Roast Potatoes

### Ingredients

4 potatoes, oil

### Equipment

Baking dish, saucepan, colander and large spoon.

### Method

1. Preheat the oven to 200°C or Gas Mark 6.
2. Peel the potatoes.
3. Cut the potatoes into the same size.
4. Place in a saucepan with water, bring to the boil and simmer for 5 minutes.
5. Drain the potatoes. Place baking tray, with oil, into oven to warm.
6. Place potatoes on hot tray and roast for 40-45 minutes, turning occasionally until brown and crispy.

## Stuffing

### Ingredients

1 onion, chopped  
100g (4oz) breadcrumbs  
25g (1oz) butter or margarine  
1x5ml spoon (1 teaspoon) parsley  
1x5ml spoon (1 teaspoon) thyme  
1 egg

### Equipment

Measuring spoons, chopping board, knife, baking dish, mixing bowl and mixing spoon.

### Method

1. Mix all the ingredients together to form a firm paste.
2. Place into a greased dish and bake for 10-15 minutes with the chicken or nut roast.

## Gravy

### Ingredients

½ onion, finely chopped  
25g (1oz) plain flour  
1x15ml spoon (1 Tablespoon) oil  
425ml (¾ pint) stock (water and stock cube)

### Equipment

Measuring spoon, mixing spoon, chopping board, knife and saucepan.

### Method

1. Fry the onion in oil for 5 minutes.
2. Add flour and stir into a paste.
3. Gradually add stock, stirring until thickened.
4. Simmer for 5 minutes. Season.

## Options

Remember to serve lots of different vegetables with your roast dinner.

# Nutrition Information

Roast Dinner Extras	per 100g	per portion
Energy (kJ)	474	2368
Energy (kcal)	113	566
Protein (g)	2.7	13.6
Fat (g)	4.2	21.2
of which saturates (g)	0.6	2.8
Carbohydrate (g)	17.2	85.9
of which sugars (g)	1.5	7.3
Fibre (g)	1.8	8.8
Sodium (mg)	108	542
Salt equivalent (g)	0.3	1.4

• Calculation based on 3 roast potatoes, a portion of stuffing, 3 Tablespoons of gravy and serving of broccoli and carrots.

## Notes

# Key Messages

## Healthy eating

- Cut the potatoes thicker so the surface area on the potatoes is reduced and less fat is absorbed.
- Serve with lots of vegetables to add variety. e.g. Brussel sprouts, peas, red cabbage.

## Money

- Use vegetables in season or frozen vegetables.

## Food safety

- Always wash fresh vegetables thoroughly to remove dirt and peel where necessary.
- Take care when removing hot items from the oven and always use oven gloves.