

Grind freshly ground pepper over the top.
Sprinkle with salt.
Roll up like a parcel in foil.
Roast at 200oC for 15 minutes, then at 180o for 1 ½ hours. Undo foil and pull down from the top for the last 15 minutes to allow meat to brown.
Remove from oven and leave to stand for 15 minutes to make it easier to carve. Remove netting.
Make a gravy from juices in foil.
Garnish with lemon slices.

LENTIL BURGERS

2 cups cooked lentils (brown, green or red)
1 cup of Naturally Nichols Lemon Myrtle & Pepperberry Stuffing mix.
1 cup cooked potatoes
1 onion, finely chopped and skinned
1 carrot, grated
Salt and pepper
Tomato sauce (If needed)

Mash potatoes well, mix in lentils.
Add stuffing mix, onion, carrot and salt and pepper.
If mixture is a little dry add enough tomato sauce to moisten,
Roll spoonfuls of mixture into balls,
Place on a tray lined with baking paper,
Refrigerate for 1 hour.

Turn electric frying pan to medium heat,
Add about 1cm oil,
When oil is hot, gently place lentil balls into pan.
Cook for 5-10 minutes (or until browned)
Turn and repeat on other side.

Serve hot in burger buns with salad or on a plate with vegetables.

Check out our web site for more delicious recipes.

Thank you for your on-going support and
I hope you enjoy these
delicious recipes.

Cupé Nichols

If you have recipes with different ways of using our Stuffing Mixes, we'd be delighted to hear from you.

Naturally Nichols is a fine food business located on a beautiful farm called "Redbanks". The property adjoins the Rocky Cape National Park in North West Tasmania.

The business was established by Carolyn Nichols in 1993. The unique recipes are created in the Quality Assured farm house bakery. Only natural ingredients are used in all our products, to give a taste of yesteryear. Most popular are our Brandy Rich Christmas Puddings and Moist Rich Fruitcakes. At Redbanks, farming & wildlife conservation go hand in hand. When you purchase any Naturally Nichols product part of the proceeds go towards the conservation of 100 hectares of native forest providing sanctuary for our wildlife.

THE REDBANKS BAKERY & FARM SHOP

Redbanks Farm, 152 Broomhalls Road,
Sisters Creek, 7325 Tasmania, Australia.

For more information about our complete range of organic, low fat, 100% natural products please **contact us or order direct from our web site.**

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Partner sites :

www.foodhampers.com.au

www.naturally-nichols.com.au/recipes

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TASMANIA'S
Naturally Nichols



 National Landcare Award Winner
Primary Producer 2004

**Recipes from the farm
at Sisters Creek.**

- Parsley, Sage, Rosemary & Thyme Stuffing Mix
- Apricot & Almond Stuffing Mix
- Lemon Myrtle & Pepperberry Stuffing Mix

EDITION . 1

Parsley, Sage, Rosemary & Thyme Stuffing Mix

MEAT LOAF

450g minced meat
100g sausage meat
1 onion, skinned and finely chopped
1 level tablesp parsley
2 tablesp tomato sauce
1 tablesp Worcestershire sauce
100g Naturally Nichols Parsley Sage Rosemary and Thyme Stuffing Mix
Salt & pepper to taste
1 beaten egg

Grease 1 litre loaf tin

Mix together meats, onion, herbs, sauces, seasoning. Add Naturally Nichols Parsley Sage Rosemary & Thyme Stuffing Mix.

Beat with a fork until well blended, then add egg and beat again.

Pack firmly into tin and cover with foil.

Bake in oven at 180oC for 1 - 1 1/2 hours or until meat is tender and shrinks from sides of tin.

Serve with homemade relish or sauce.

CHICKEN SCHNITZEL

1Kg chicken breast fillets
Lemon juice
Flour to coat with
3 eggs
Salt & pepper
½ cup of Naturally Nichols Parsley & Sage Stuffing Mix
1/3 cup of Olive oil

Pound out very thinly with a meat mallet or rolling pin.

Grind a little black pepper over one side of the fillet, pressing pepper well into the meat. Sprinkle 1 tsp Lemon Juice onto one side of the fillet and allow to stand for 10 minutes.

Coat fillet lightly in flour seasoned with salt and pepper and shake of excess flour.

Dip fillets in lightly beaten eggs, then into Naturally Nichols stuffing mix pressing breadcrumbs on firmly. If possible refrigerate for 1 hour to set crumbs.

Heat oil in a large pan, add fillets and cook quickly on both sides until golden brown.

Serve with salad and stir fry vegetables.

Apricot & Almond Stuffing Mix

APPLE & PRUNE STUFFING

100g prunes, chopped
200g apples, peeled, cored and roughly chopped
1 x 150g packet Naturally Nichols Apricot & Almond Stuffing Mix
1 egg, lightly beaten
25g butter, melted
Juice and rind of half an orange

Mix together the prunes, apple and stuffing mix. Add the melted butter, orange rind and juice, and combine all with the beaten egg

Allow to stand for 2 minutes.

Use for pork, turkey, goose.

This is ideal as an accompaniment for vegetarian meals.

Press into a loaf pan, lined with baking paper and cook for 15 - 20 minutes at 180oC..

ORIENTAL BURGERS

1Kg Pork mince
½ cup finely chopped water chestnuts
½ cup finely chopped bamboo shoots
2 stalks of celery finely chopped
2 small onions chopped and skinned
2 beaten eggs

½ cup of Naturally Nichols Apricot & Almond Stuffing Mix

4 tbs soy sauce

2 tbs honey

2 tbs tomato sauce

1 tbs 5 spice powder

In a large bowl combine all ingredients. Form into 8

burgers, cover & refrigerate over night or for 30 minutes. fry or grill over medium heat for about 4 minutes on each side until cooked through, serve with an Asian style salad or rice noodles.

Lemon Myrtle & Pepperberry Stuffing Mix

STUFFED TROUT with PARSLEY SAUCE

1 packet lemon myrtle stuffing mix
6 trout - prepared
Lemon wedges

Sauce

1 tbs chopped parsley

300ml skim milk

2 tbs corn flour

Salt and pepper to taste

Make up stuffing mix according to packet instructions.

Wash fish and fill with stuffing mix.

Season with salt and pepper

Place in greased dish. Dot with garlic butter.

Cover with foil and cook in centre of oven 150 degrees

Celsius for 20 - 30 mins.

While fish is cooking make parsley sauce.

Put 2 tbs cornflour into bowl. Add a little of the milk to make a thick paste. Put milk onto boil and add corn flour.

When sauce starts to thicken, season to taste and add parsley. Add fish juices into sauce to give extra flavour.

Serve with lemon wedges, new potatoes and green salad.

LAMB ROAST

1.4kg boneless shoulder of lamb, netted
150g packet of Naturally Nichols Lemon Myrtle & Pepperberry Stuffing Mix.

Make about 12 slits approx 6 cm deep over the top and sides of the lamb.

Make up stuffing mix according to packet instructions and force the stuffing into each of the slits with a spoon.

Spread any remaining mixture generously over the lamb.