

Vegetable Sausages

Ingredients (Makes 10)

- 75g (3oz) turnip, peeled and diced
- 2 carrots, peeled and diced
- ½ large onion, peeled and diced
- 100g (4oz) swede, peeled and diced
- 1 teaspoon mixed herbs
- 2 teaspoon vegetable puree
- 25g (1oz) low protein breadcrumbs (made from loaf)
- Salt and pepper
- Extra breadcrumbs for coating

Method

1. Cook all of the vegetables together in boiling water until soft. Drain and blend in a food processor with the remaining ingredients.
2. Using your hands, form the mixture into sausage shapes.
3. Roll each sausage in low protein breadcrumbs until evenly coated.
4. Fry in oil or grill until golden crispy and brown.

The sausages can be frozen after coating with low protein breadcrumbs and cooked when thawed.