

Savoury Baked Stuffed Apples



Serves 4 Prep 10 mins Cooking 50 mins Easy

Ingredients

4 medium Pink Lady apples
25g butter
1 tbsp olive oil
salt & freshly ground black pepper
1 small onion or 2 banana shallots, finely chopped
2 tbsp dried sage
40g walnuts, quite finely chopped
1 slice of brown bread, crumbed
25g grated parmesan (optional)

1. In a small frying pan, gently sweat the onion with the olive oil, butter and sage, seasoning well with salt & freshly ground black pepper. Allow to soften over a low heat for around 10 minutes, stirring occasionally until the onion is lightly caramelised.
2. Using an apple corer, carefully scoop and hollow out the core and a little of the surround apple, leaving you with a walnut-sized cavity. Score a fine line through the skin all around the middle of each.
3. Finely chop the excess apple from the core and add to the frying pan, along with the walnuts and the breadcrumbs and fry for a few minutes more. Place the apples in a snug cluster in a small baking dish and spoon the filling into the hollows, packing it down quite firmly. Put the grated Parmesan on top.
4. Slide the apples into the oven and bake for 40 minutes until soft when pierced with a skewer. Serve hot on its own or with roast pork.