



Easy Tasty Oven Bake Sausages

Add your own taste of the UK, Italy, Turkey or Asia!

Minutes to Prepare: 20 Minutes to Cook: 25 Number of Servings: 6

The basic Ingredients:

1 finely chopped onion , 1 mince clove garlic, 1lb /500grams turkey mince ,1 tablespoon olive oil, , ½ teaspoon bicarbonate of soda, 1 medium egg, 3 tablespoon breadcrumbs or 1 slice of bread, salt & pepper (to taste)

For each destination, here are the extra ingredients to add before mixing:

UK

Very Easy
Lincolnshire style

1 tablespoon of dried sage

Asia

1 teaspoon cider vinegar
1 teaspoon ginger grated
1 more clove garlic grated
1 tablespoon fish sauce
½ tablespoon chilli sauce
1 tablespoon soy sauce
1 teaspoon Chinese five spice
1 chopped spring onion

Italy

Easy
Spicy Italian & Meatballs

1 tablespoon Italian herbs,
½ teaspoon of chilli powder,
1 tsp of paprika

Turkey

Easy-ish
Kofte Style

1 teaspoon lemon juice
1 teaspoon cumin
1 teaspoon black pepper
1 teaspoon chili powder,
¼ chopped red pepper
1 teaspoon dried thyme

Optional:

1 tablespoon chopped fresh parsley or coriander

Method:

1. Line an oven tray with baking paper
2. Mix the minced meat with ALL the other ingredients Try not to overwork the mixture but mix everything well. **For best results : LEAVE to REST for about One Hour in the fridge (if you can!)**
3. Pre-heat the oven at 180 degrees
4. Form 12 equal balls that you can flatten into a sausage or a ball shape
5. Place the sausages on the tray & Bake for 25-30 minutes, turning once

Variations:

You can make these with **beef** or a **mixture of beef and turkey** for a more beefy taste. Alternatively you can add a grated **carrot or courgette** to the mix to include one of your 5 a day to the recipe.

Nutrition Facts for one portion for basic recipe: Calories: 96 Total Fat 6.1g Saturated fat : 1.3g
Cholesterol:41mg Sodium:191mg Total Carbohydrate: 4.1g Dietary Fiber:0.7g Total sugars: 1.4 g
Protein: 6.9g Calcium 17mg Vitamin D 4mcg