



Apricot and Lemon Stuffing

80g Harraways Scotch Oats

50g dried apricots chopped

½ teaspoon ground Cumin

½ teaspoon ground Coriander

1 clove Garlic crushed

30ml (2 tbsp) lemon juice

1 egg beaten

Mix dry ingredients, add garlic, lemon juice, egg and pepper to taste.

Mix together and stuff lean chicken, duck or a boned lean leg of lamb.



CERT TM used under licence.

Recipe developed in accordance with the Heart Foundation Tick recipe development guidelines.

Harraways
PO Box 13040, Green Island
Dunedin 9052
Ph +64 3 488 3073
enquiries@harraways.co.nz
www.harraways.co.nz