

## VEGETARIAN SAUSAGE RECIPE

### Roasted Vegetable Sausage with Chickpeas

#### INGREDIENTS

- 2 x Courgettes
- 1 x Large Onion
- 4 or 5 x Cloves of Garlic in their skins
- 125 g x Mushrooms of your choice
- 2 x Large Carrots
- 1/2 x an Aubergine
- 1 Red and 1 Green Pepper
- 4 x Medium sized Potatoes
- 400 g x Can Chickpeas - you might wish to keep the water (see later regarding the use of eggs)
- 2 x Eggs

#### METHOD

1. Chop the vegetables (except the garlic and the potatoes) into 2 cm pieces.
2. Place on a well-oiled baking tray, drizzle with a little olive and sprinkle with salt and pepper.
3. Bake the potatoes for about 40 at 190 °C, 375° F, Gas 5 minutes and the vegetables for about 30 minutes at the same temperature.
4. The vegetables lose a lot of water, so the volume is considerably reduced.
5. Place the vegetables, 2 eggs (or the equivalent - see below) and the drained chick peas in the food processor (squeeze out the garlic from within their skins) and pulse to a paste the consistency of which is up to you.
6. If you wish to add herbs of your choice, so at this stage, say a dessert spoon of chopped parsley, a little sage.
7. Scoop the potato pulp and fork in the vegetable mixture.
8. Load the dry skins on the filler's delivery tube and set up the machine.
9. Slowly fill the casings.
10. Link the sausages by making an indentation with the fingers and twist.
11. Fry on a low heat, turning very regularly, or bake on a warmed oiled tray at 150 °C, 300 °F, Gas 2 for 30 minutes, turning frequently.

Alternative to eggs - Aquafaba

If you kept the liquid from the chickpeas, pour it into a pan and simmer to reduce until it resembles the white of an egg. This is then added to the vegetable mix to bind the contents of the sausage.