

## Middle Eastern stuffed apples

A great way to use up leftover meat. For a vegetarian alternative, swap the chicken or turkey for fried aubergine or mushroom.

### Ingredients

- 6 cooking apples, cored and skins pricked
- 225g cooked chicken or turkey, cut finely or minced
- 6 cloves
- 1/4 tsp cinnamon
- 1/2 tsp ground ginger
- 50g Traidcraft walnuts, chopped
- 1 tbsp Traidcraft raisins or sultanas
- 1 tsp Traidcraft honey
- 1 tsp Traidcraft sugar
- margarine
- salt & pepper

### Method

1. Heat oven to 180C/350F/Gas mark 4.
2. Partially cook the cored apples for 20-30 minutes until they begin to soften.
3. Place the chicken in a bowl and add the cloves, cinnamon, ginger, salt & pepper.
4. Add the nuts, raisins and honey. Combine well.
5. Spoon some of the mixture into the centre of each apple in an oven-proof dish. Pour in enough water to cover the base of the dish.
6. Sprinkle the sugar over the apples and put a small knob of margarine on each.
7. Cook for 40 minutes or until the apples are cooked through.
8. Serve with Traidcraft Basmati Rice.

### Buy the ingredients

- [The fair trade ingredients for this recipe are available in the Traidcraft online shop.](#)