

FIDDLEHEADS SAUSAGE & MAYO

Time: 40 minutes

Serves: 4

Ingredients:

For the fiddleheads:

2 litres water
20g kosher salt
400g fiddlehead ferns

For the mayo:

1 egg yolk
15g oil-packed sun-dried tomatoes - finely chopped
10ml lemon juice
2g kosher salt
80ml avocado or other cold-pressed neutral-flavoured oil

400g fresh Italian sausage - sliced to 1cm pieces

Preparation:

In a suitable pot, bring the water to a boil. Add the salt and fiddleheads. Boil for ten minutes, drain and set aside.

Place all mayonnaise ingredients except oil in a small food processor or blender jar. Slowly drizzle in the oil with the machine running. Set aside.

Place a frying pan on medium heat and add the sausage. Cook, stirring occasionally until browned (approximately 10 minutes).

Add the fiddleheads to the sausage, gently stirring occasionally for three minutes.

Immediately serve the fiddleheads and sausage with mayo on the side.

Nutritional Information Per Serving:

Calories: 539
Fat: 50g
Carbs: 6g
Fibre: 0g
Protein: 19g