





# Onions

Onions are a staple vegetable, and are a cheap way of bulking out recipes and adding flavour. Onions are a natural prebiotic, which help to keep the digestive system healthy and fight off disease.

1 portion = 1 medium onion

Recipe  
developed by  
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## How to prepare

Cut off the shoot end of the onion. Now cut the whole onion in half from root end to shoot end. Peel away the outer layer of each half.

**Slicing:** Having cut the onion in half and removed the outer layer, remove the 'root' end. You can now make a series of thin cuts right through the onion from 'root' to 'shoot' end.

**Dicing/chopping:** Prepare onion as for slicing, but leave root end intact and do not cut all the way through the root end. This will help to keep the onion together. Having made thin cuts from root to shoot, now make a series of cuts in the opposite direction across each onion half. You will have to discard the small amount of remaining root.....keep practising.

## How to cook

**Stir-fry:** slice or dice and cook in 1 teaspoon of oil. This is the first stage of hundreds of different recipe ideas.

**Roast:** slice into wedges and place in a roasting tin with 1 tablespoon of oil and herbs/spices/ground pepper. Roast for 20–40 minutes or until soft (200°C/400°F/gas mark 6).

## Recipe ideas

- Stir-fry 1 sliced onion, 1 red pepper and slices of cooked potato. Add 2 beaten eggs and cook for 3 minutes, then add grated cheese and place under grill to melt cheese.
- To make onion gravy stir-fry the onions on low for as long as you can to bring out the flavour (up to an hour is good!). Then add stock, simmer and serve. Try adding pepper, Worcestershire sauce and mustard to season.



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