

# Chestnuts

Make everyday meals special with chestnuts.



**Chestnut & Chicken  
Meatballs**

For more delicious recipes visit [chestnutsaustralia.com.au](http://chestnutsaustralia.com.au)

# Aussie-grown chestnuts



## in season

Fresh chestnuts are available from mid-March to July. Delicious and versatile, chestnuts have a unique nutty taste and texture that makes them perfect for use in sweet and savoury dishes.



## out of season

Ready-to-use peeled Australian chestnuts and other Australian chestnut products are available. Please visit [www.chestnutsaustralia.com.au](http://www.chestnutsaustralia.com.au) for more information.



## to select

The freshest chestnuts have a glossy brown, firm shell and feel heavy for their size.



## to store

Store uncooked chestnuts in a paper bag in the crisper section of your refrigerator for 2-3 days or in an airtight container for up to 10 days. Cooked chestnuts can be kept in an airtight container in the refrigerator for up to 4 days. For longer storage, freeze chestnuts. Cook and peel chestnuts, place in small freezer bags and freeze for up to 6 months.



## preparation

Before cooking chestnuts it is important to firstly cut a shallow cross into the flat side of the shell. This prevents the nut from overheating and bursting while cooking. When boiling, cut the chestnuts in half across the width of the chestnut before cooking.

## health benefits

### Chestnuts are so nutritious!

- Good source of low GI carbohydrate
- Gluten-free
- Provide dietary fibre
- Low in total fat and saturated fat
- Contain folate, potassium, vitamin C and antioxidants
- A 30 gram serve provides 217 kJ (52 Cal)





# Chestnut & chicken meatballs

Prep 25 mins + chilling time + chestnut prep time • Cooking 20 mins • Serves 4

## 250g cooked, peeled and finely chopped chestnuts\*

500g chicken mince  
1 small brown onion, finely grated  
2 garlic cloves, finely chopped  
1 tsp finely grated lemon zest  
1 egg, lightly beaten  
1/3 cup flat-leaf parsley leaves, finely chopped

½ cup dry white wine  
½ cup chicken stock  
2 tbsp Dijon mustard  
200ml reduced fat sour cream  
50g baby spinach leaves  
Pasta, mashed potatoes or rice,  
to serve

Combine chestnuts, chicken, onion, garlic, lemon zest, egg and parsley in a large bowl. Mix until well combined. Roll mixture into 18 meatballs. Place onto a tray, cover and chill for 20 minutes.

Heat oil in a large non-stick frying pan over medium-high heat. Add meatballs and cook, turning often, for 5 minutes until evenly browned. Remove meatballs from pan and set aside.

Add wine to pan and cook for 1 minute. Stir in stock, mustard and sour cream until well combined. Add meatballs to pan. Reduce heat to medium-low, cover and simmer, stirring occasionally, for 8-12 minutes until meatballs are cooked through. Toss through spinach. Season to taste. Serve with pasta, mashed potatoes or rice.

**Chef's tips:** Why not double the meatball recipe and freeze for another quick and easy dinner another time?

**How much does 1kg of fresh chestnuts yield in cooked and peeled chestnuts?  
1kg of fresh chestnuts yields approximately 700g of cooked peeled chestnuts.**

**\*Reduce fresh quantity accordingly for the recipe above**

## To roast chestnuts

Preheat oven to 200°C (180°C fan-forced).

Cut a shallow cross into the flat side of each chestnut shell. Place chestnuts onto a baking tray and bake for 15-20 minutes or until the shells split open.

Once cooked, remove chestnuts from the heat and wrap in a clean tea towel for 5 minutes. While chestnuts are still warm, quickly peel off the outer brown shell and papery thin skin underneath.



# Cooking and peeling

**Chestnuts are delicious roasted, boiled, microwaved, grilled or barbecued.**



## to boil

Cut fresh chestnuts in half across the width of the nut, then place in a pan of cold water and bring to the boil. Simmer for 15-20 minutes or until the flesh is tender and easily separates from the shell.



## to microwave

Cut a shallow cross into the flat side of each chestnut shell. Place 6 to 8 chestnuts in a single layer on a microwave-safe plate. Cook, uncovered, on full power (850 watts or High) for 2-3 minutes or until the flesh is tender. Timing may vary depending on chestnut size.



## to grill or barbecue

Cut a shallow cross into the flat side of each chestnut. Place chestnuts on a tray under a moderate to hot grill or place directly on a barbecue grill. Cook for approximately 15-20 minutes or until the shells blacken and split open, turning every few minutes.



## to peel

Once cooked, remove chestnuts from the heat and wrap in a clean tea towel for 5-10 minutes and then quickly peel off the outer brown shell and papery thin skin underneath. Peel chestnuts while they are still warm as they can be tricky to peel when cooled. If boiled, simply remove the chestnuts from the water one at a time to peel. Some varieties are easier to peel than others, check with your greengrocer or visit [www.chestnutsaustralia.com.au](http://www.chestnutsaustralia.com.au) for more information.



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