

VEGETARIAN NUT ROAST

Preparation time 15 minutes.

Cooking time 30 minutes + 5-10 minutes resting time.

Serves 4.

INGREDIENTS

25g (1oz) butter
1 medium onion chopped
225g (8oz) mixed nuts – cashews, walnuts, brazils, etc
100g (4oz) wholemeal breadcrumbs
100-150ml (3-5 fl oz) vegetable stock/water - heated
1 tsp yeast extract
1 tsp mixed herbs
75g (3oz) grated cheddar cheese
8 cherry tomatoes
Salt and pepper to taste

1lb (450g) loaf tin

PREPARATION

1. Saute onion in butter until transparent.
2. Grind nuts and bread together until fairly fine. (Leave a few larger pieces to add texture.)
3. Combine all ingredients except cheese and tomatoes adding sufficient stock to give a firm mixture.
4. Press half the mixture into the greased loaf tin and cover with halved tomatoes. Sprinkle with cheese and top with the remaining mixture.
5. Bake in a moderate oven for 30 minutes.
6. Leave to cool for 5-10 minutes then carefully remove the loaf from the tin

This vegetarian recipe brought to you by Mrs Gwyn Crane and www.earthnaturalfoods.co.uk, suppliers of high quality vegetarian, vegan, whole and natural foods, gluten free and wheat free foods in London.

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