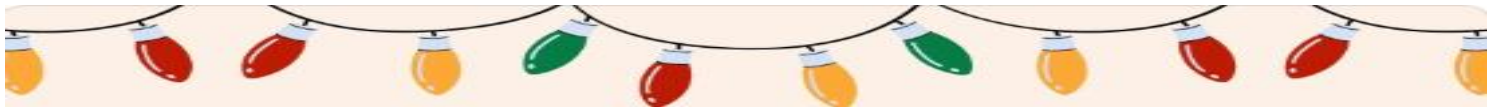




Nut Roast



Ingredients

1 tbsp of olive oil

15g butter

1 large onion finely chopped.

2 sticks of celery finely chopped.

2 garlic cloves finely chopped.

200g chestnut mushrooms, finely chopped.

1 red pepper finely diced.

1 large carrot finely grated.

1tsp mixed herbs

1 tsp smoked paprika.

100g red lentils

2tbsp tomato puree

300ml vegetable stock

100g fresh breadcrumbs

150g mixed nuts

3 large eggs

100g cheddar, grated.

Handful flat leaf parsley

Method

Pre-heat oven to 160c - 170c

Line a loaf tin with baking parchment to stop it from sticking.

Heat your oil and butter in a pan. Gently cook off the onion, garlic, celery, and mushrooms for 5-6 mins in a pan

Add the chopped pepper and grated carrots and the mixed herbs and paprika and cook for a further 5-6 mins.

Add the lentils and tomato puree and cook the puree out for 2-3 mins before adding 300ml of vegetable stock.

Allow to gently simmer - this will take 20-25 minutes.

Once the lentils are cooked, add the fresh breadcrumbs, mixed nuts, egg, cheese, and parsley.

At this point season to taste

Mix together well and then add to the loaf tin.

Cover with foil and cook for 30 minutes.

Once cooked allow to cool slightly before turning out and slicing.

Serve with selection of vegetables.

