



VEGAN NUT ROAST

3 tablespoons olive oil

1 onion finely chopped

1 glove garlic crushed

225g mixed white nuts i.e. brazil, macadamia, pinenuts, almonds, cashew nuts ground in a food processor

125g brown breadcrumbs

Grated zest and juice of 2 lemons

75g vegan cheese

125g vacuum packed chestnuts roughly chopped

½ can of artichoke hearts, roughly chopped

3 teaspoons of fresh chopped parsley and sage

2 teaspoons chopped fresh thyme

METHOD

Slowly fry the onion and garlic in a little olive oil until soft. Add the nuts, zest and juice of the lemon and the grated cheese. Now add the chestnuts and artichokes. Season well with salt and freshly milled coarse black pepper. Add the herbs and olive oil and mix well.

Line a loaf tin with bake o glide and tightly pack the tin with the mixture and cover and freeze until needed. Defrost before cooking and cook in the roasting oven covered in foil for 30 mins then take off the foil and cook for a further 10 mins until golden.

This recipe is best made in advance. If not freezing, make up to 3 days before and keep in the fridge until required.