



## Not Just Nut Roast

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Serves: 4-6

### Ingredients:

- 1 medium onion
- 1 oz/28g margarine
- 8 oz/225g nuts, hazel, walnut pecan. Mix as you wish.
- 4oz/200g bread, wholemeal or white (Slightly dry bread is fine)
- ½ Pint/300ml vegetable stock
- 1 glass of red wine added to the stock will give a rich sauce (optional)
- 2 tsp/10ml of yeast extract
- 1 tsp/5ml of mixed herbs **or** fresh parsley, basil, and oregano to taste (roughly a meagre handful)
- Salt (if using) and pepper to taste

### Method:

- Chop the onion and fry in the margarine until soft - we like them slightly coloured to give them more of a crunch!
- Blend the nuts and bread in a liquidizer to a fine breadcrumb look. If you don't have a liquidizer, grate the bread, and bash the nuts with a rolling pin/ tin of beans. Cover the nuts with a tea towel or you may need to deep clean the kitchen and yourself!
- Mix the stock and yeast extract in boiling water. If using the wine, add it to a slightly cooled stock.
- Stir everything together and pour into a shallow baking dish or a loaf tin which has been lightly greased (it should be slightly gooey, but not runny wet).
- Sprinkle with a scattering of breadcrumbs - you could add cheese to this for a change!
- Bake at Gas Mark 4/350f/175c for 30 mins.

### Serving Suggestions:

Accompany with roast vegetables or could be eaten cold the following day with green salad and oven roast potato wedges.

### For Pudding:

The above Nut Roast recipe is rich and filling, so a simple pudding such as fresh fruit could be enough. However, a light but delicious pud would be Greek yogurt with Not Just Nuts Organic Apple Rings or Not Just Nuts Organic Blueberries added.

And finally.....

Enjoy!

[www.notjustnuts.co.uk](http://www.notjustnuts.co.uk)