

Vegetarian Nut Roast

by... Nadiya Hussein?

INGREDIENTS

- › 20g unsalted butter, plus extra for greasing
- › 3 garlic cloves, crushed
- › 1 small onion, chopped
- › 2 tbsp tomato purée
- › 200g mushrooms, chopped
- › 1 yellow pepper, chopped
- › 1 large carrot, peeled and grated
- › 1 tsp salt
- › 1 tsp paprika
- › 150g red lentils (uncooked)
- › 400ml vegetable stock
- › 100g fine breadcrumbs
- › 150g mixed unsalted nuts, coarsely chopped
- › 3 large eggs, lightly beaten
- › 100g extra mature Westcountry Cheddar, freshly grated
- › 3 tbsp finely chopped coriander herb

METHOD

1. Heat the oven to 160°C (fan). Grease the inside of a 900g loaf tin** with butter and line the bottom with baking paper.
2. Melt the butter in a large pan. Add the garlic, onion, tomato purée, mushroom, pepper, carrot, and salt, and cook over medium heat for 5 minutes until softened.
3. Add the paprika, lentils, and vegetable stock. Bring to the boil, reduce the heat and simmer for 10 minutes until the excess moisture is absorbed and evaporated.
4. Remove from the heat and transfer to a large bowl. Leave to cool for 15 minutes.
5. Add the breadcrumbs, nuts, eggs, cheese, and coriander. Mix well together, then spoon it into the tin, pressing down so the mixture is tight-packed.
6. Bake for 50 minutes to 1 hour, until firm.
7. Remove from the oven and leave to cool in the tin for 10 minutes before turning out.

Tips, notes & variations

H Sargent

**Prepare a glaze by melting the following together in a saucepan then bringing to a light simmer. Use a pastry brush to apply glaze to the top of the roast after turning it out, while it is still hot. Garnish with fresh rosemary sprigs and bay leaves.*

- › 3 tbsp apricot jam
- › 1 tbsp honey
- › 1 tbsp extra virgin olive oil
- › 3 tbsp water
- › 3 tbsp tomato ketchup
- › 2 tbsp cranberry sauce **OR**
1 tbsp liquid pectin
- › 1 fresh bay leaf and 1 fresh sprig of rosemary, plus more for garnish and decoration

***Use a suitable bundt tin for an ornate result and easier slicing. In this case still grease the tin but omit the baking paper.*