



creamy_nut_roast

Ingredients:

- 225g/8oz onion
- 1 garlic clove
- 4 tspns olive oil
- 125g/4oz carrot
- 125g/4oz cashew nuts
- 4 tspns tomato paste
- 125g/4oz sweet red pepper
- 60g/2oz celery
- 17g/6oz courgettes
- 125g/4oz almonds
- ¼ tspn dried rosemary (or 1 tbsp fresh rosemary)
- ¼ tspn dried thyme (or 1 tbsp fresh thyme)
- Freshly ground pepper

Here's how:

- Finely dice the onion and crush the garlic clove and place in a saucepan with 2 tspns of olive oil and sweat them in the oil until the onion begins to soften.
- Grate the carrot and add to the pan. Cover with a lid and continue to sweat the vegetables until the carrot and onion are soft.
- Place the carrot and onion in a food processor with the cashew nuts (I grind the cashew nuts first) and tomato paste and process until smooth.
- Roughly chop the almonds.
- Finely dice the sweet pepper and celery and grate the courgettes. Place the sweet pepper and celery in a saucepan with 2 tspns of olive oil and sweat them in the oil for a few minutes. Add the courgettes and continue to sweat the vegetables until they begin to soften.
- Add the herbs to the pan along with the processed carrot and onion mixture and the almonds. Mix well and season with freshly ground black pepper.
- Place in a lined 2lb loaf tin and bake in a preheated oven at 180/350/gas mark 4 for about an hour or until golden brown. The centre should still feel soft to the touch.

Allow to cool for about 10 to 15 minutes before removing from tin then slice.