

# Easy Nut Roast - Vegan

serves 4-6

my recipes are a bit free and easy...feel free to add a bit of what you fancy! you can leave out most stuff - add other stuff such as courgette/pepper/lentils/grated carrot/mushrooms (I always have dried mushrooms in (merchant gourmet which i use for risottos and stews) so soak and chop a handful of these in and I use the soaking water instead of water - really just play around with what you like and have in! Bear in mind i like things spicy and robust flavours so have pimped up my basic recipe to add more flavour.

## Basic recipe

1 or 2 medium to large onion or 1 leek (or both) 2 sticks celery  
additional veg if using (see above)  
1/3 pint water, stock or mushroom water)

three cloves of garlic (or less if you prefer)  
fresh chilli  
100g breadcrumbs preferably wholemeal (about 2 slices)

250g chopped mixed nuts (any but I like braziles, almonds, walnuts, cashews - any you have in!

2tbsp ground almonds  
black or white pepper  
salt to taste

I add some soaked linseed to bind more but you can leave out. 3 TBS  
ground linseed soaked in a little boiling water

### *Optional seasonings for flavour taste sensation*

tablespoon marmite , squeeze of red sauce, brown sauce, tomato puree,  
chilli sauce to taste or you can use a fresh chill as above  
large splash red wine  
small splash balsamic vinegar or worcester sauce (vegan if you are one!)

good handful of fresh herbs and 2 bay leaves (or couple teaspoons dried)

pre heat oven gas mark 4 or 180 degree c - or top of baking oven in aga  
(which is what I have)

fine chop and saute onion, garlic, celery and chilli until soft and booked through - the longer and slower the sweeter and tastier i find  
Add herbs and other optional seasonings (i use all of them!) and continue to cook until mixture is rich and saucy

make breadcrumbs and add to large bowl - I blitz in food processor  
chop nuts and add to the bowl - I use food processor on pulse - don't want them too small add ground almonds (or grind some in processor)

add dry mixture to pan of onion mixture and stir over heat adding the water or stock until consistency is moist but not too loose - add more or less water as suits

turn into loaf tin - i line with baking paper but you could probably just oil one. I use a 24cm one, but often have more mixture than this so make 1 and a half or 2... you can wrap and freeze as a whole or in portions. I usually do this so always got some in.

cook for about 30 mins - let cool before turning out. if its a little crumbly then no worries it all tastes the same...! ENJOY!