

PREP 20 min | COOK 45-50 | SERVES 6

Nut Roast

INGREDIENTS

1 tbsp The Olive Tree extra virgin olive oil

1 onion, finely diced

1 carrot, grated

2 tsp Stonemill crushed garlic

200g mushrooms, finely chopped

1 cup Forrester's natural mixed nuts, finely chopped

1 cup Forrester's natural walnuts, finely chopped

1 cup White Mill breadcrumbs

2 Lodge Farms eggs, lightly beaten

1 tsp Stonemill thyme leaves

1 tsp Stonemill parsley flakes

¼ tsp Stonemill salt

Stonemill pepper, to taste

DIRECTIONS

1. Preheat oven to 180°C, or 160°C fan-forced. Grease and line a loaf tin with baking paper.
2. Heat the olive oil in a frying pan over medium heat. Add the onion and carrot and cook for 4–5 minutes, until softened.
3. Add the garlic and mushrooms and cook for another 5 minutes, or until the mushrooms are tender and excess moisture has evaporated.
4. Transfer the vegetable mixture to a large bowl and allow to cool slightly.
5. Add the chopped mixed nuts, walnuts, breadcrumbs, eggs, thyme and parsley. Season with salt and pepper and mix until well combined.
6. Spoon the mixture into the prepared loaf tin and press down firmly. Smooth the surface.
7. Bake for 45–50 minutes, or until golden and firm in the centre.
8. Rest in the tin for 10 minutes before carefully turning out and slicing.

ALDI

Good Different

Tip

Finely chop the nuts rather than processing them to a powder to give the roast a hearty texture and plenty of crunch.