

Nut Loaf with Mushroom Sauce

Serves 4

Ingredients

220g mixed nuts (peanuts, walnuts, pinenuts, hazelnuts)
220g wholemeal breadcrumbs
1 medium onion, chopped
3 tablespoons olive oil
2 eggs - beaten
Salt and pepper
2 cloves garlic, finely chopped
1-2 teaspoons vegemite
1 teaspoon fresh oregano or thyme
1 tablespoon chopped parsley
100g grated cheddar cheese

For the Sauce

1 medium onion, diced
2 tablespoons olive oil
1 cup red wine
1 tablespoon flour
2 tomatoes, diced
300ml vegetable stock
120 g mushrooms, finely chopped
1/2 teaspoon of oregano or thyme
1 bay leaf
1 teaspoon vegemite
Salt and pepper to taste

Method

Nut Loaf:

1. Preheat oven to 180 deg C. Process nuts until well ground. Mix together with the breadcrumbs.
2. Fry onions in oil until golden and add to nut mixing. Add remaining ingredients and mix thoroughly.
3. Press lightly into a lined, greased loaf tin. Bake for 30-45 minutes till golden brown.

Sauce:

1. Brown the onions in the oil, add red wine and reduce. Add tomatoes stirring until the liquid has evaporated and the tomatoes have started to brown.
2. Add the flour, stir through then add the stock. Bring the sauce to the boil and continue stirring until it thickens.
3. Add the mushrooms, herbs, vegemite and simmer for 20 minutes, stirring occasionally. Season to taste.

NB: For a gluten free version replace breadcrumbs and flour with GF versions and replace vegemite with 1 tablespoon of tomato paste.