



Vegetarian Nut Roast

Serves 2

Ingredients: -

75g/3oz - nuts, finely ground

50gr/2oz - brown breadcrumbs

1 - small onion, finely chopped

2 - tomatoes, chopped and skinned

2½ml/½ teaspoon – marmite

1 - beaten egg

Method: -

Fry the onion and tomatoes

Add to the rest of the ingredients and place in a greased dish.

Cook at 190°C/375°F/mark 5 for 35 minutes or until well browned.
