

NUT ROAST

Source: BBC GoodFood

Serves 3



- Bread, made into breadcrumbs – 2 slices
- Mixed nuts, crushed – a few good handfuls
- Mushrooms – 3
- Carrot, chopped – 1
- Courgette – 1 small or ½ big
- Favourite vegetables – a good handful
- Baked mixed beans in tomato sauce – 1 can
- Mixed herbs, (e.g. rosemary and thyme) - 2 tsp

1. Preheat oven to 200°C (fan 180°C)

2. Cut up the carrots into small bits and boil until soft.

3. While doing this make your bread crumbs, either by hand or a blender and chop the mushrooms and courgettes into small bits (they will cook in the oven).

4. Mix the chopped vegetables and boiled carrots in a bowl, add the mixed nuts and baked beans and mix well.

5. Put the mixture into a loaf tin, (remember to grease the tin first).

6. Put into the preheated oven for 40 to 50 minutes.