

## **CURRIED NUT ROAST**

Source: Delia Smith

Serves 6

This is one of the great favourites suitable for Christmas



- Mixed hazel, brazil and walnuts, finely chopped – 450g
- Tomatoes, peeled and chopped – 450g
- Green peppers, de-seeded and finely chopped – 2 medium
- Onion, finely chopped – 2 medium
- Whole wheat breadcrumbs – 170g
- Garlic, crushed – 4 to 5 cloves
- Mixed herbs to taste (e.g. tarragon, basil, oregano, thyme)
- Curry powder – 2 TBSP
- Eggs, beaten (or use egg substitute) – 2
- Cooking oil
- Salt and freshly-milled black pepper

### **Tomato Sauce**

- Tomatoes, skinned and chopped – 1kg
- Olive oil – 1TBSP
- Onion, chopped - 1
- Garlic, chopped 1 clove
- Basil – 12 leaves
- Salt and pepper

**1.** Preheat oven to 220°C (fan 200°C )

**2.** Begin by gently frying the onions and chopped pepper in a little oil until they are softened (about 10 minutes).

**3.** Meanwhile, mix the nuts and breadcrumbs together in a large bowl, adding the garlic, herbs and curry powder.

**4.** Then stir in the onions, pepper and tomatoes, mix very thoroughly and season.

**5.** Now add the beaten egg ( or substitute) to bind the mixture together.

**6.** Finally, pack the mixture into the prepared tin and bake for 30 to 40 minutes until golden.

### **Tomato sauce:**

- 1.** Skin all but tomatoes
- 2.** Heat oil, add onions, garlic and cook gently 5-6 minutes.
- 3.** Add tomatoes,  $\frac{2}{3}$  basil, salt and pepper and simmer for 1½ hours.
- 4.** Roughly chop saved tomatoes and add with extra basil leaves .

### **To serve**

*with fresh tomato sauce  
or  
hot with spiced pilau rice, yoghurt and mango chutney or  
It's also very good served cold with a salad*