

MUSHROOM AND NUT WELLINGTON

Source: Co-op magazine

Serves 8



- Red onion, chopped – 1 large
- Garlic, chopped – 3 cloves
- Olive oil – 1 TBSP
- Chestnut mushrooms, cut into chunky pieces – 250g
- Parsley (flat leaved) – 2 heaped TBSP
- Fresh rosemary – 2 tsp
- Juice of ½ lemon
- Marsala wine – 1 TBSP mixed with
- Vegetable stock – 1 TBSP
- Mixed nuts (brazil, cashews and walnuts) – 150g
- Almonds, blanched – 80g
- Fresh white breadcrumbs – 80g
- Egg, beaten – 1 (or egg substitute)
- Sea salt and black pepper
- Ready rolled puff pastry – 1 x 425g pack

For the caramelized onion

- White onions, chopped – 2
- Butter - 1 TBSP
- Caster sugar, unrefined – 1 tsp

1. Preheat the oven 200°C (fan 180°C)

2. Gently caramelize the onions in the butter and sugar for 25 minutes, then remove from pan and let cool.

3. In the same pan, sweat the red onion and garlic in the oil for about 10-15 min. Add the mushrooms and herbs, lemon juice, marsala and stock, and cook on a low to medium heat for 10 to 15 minutes.

4. Process nuts in a food processor. Add the onion and mushroom mixture, blend until smooth and transfer to a large bowl. Add the breadcrumbs, half the beaten egg and season to taste.

- 5.** Roll the pastry into a rectangle and place on a greased and floured baking sheet. Spoon the onions down the middle, and top with the filling mixture.
- 6.** On either side of the filling, cut the pastry into diagonal strips around 2cm wide. Fold these over the filling in a plait shape and tuck in the ends.
- 7.** Brush with egg and cook for 40 min until golden.

To Serve

Serve with carrot and parsnips roasted in olive oil and some in maple syrup, roasted potatoes and green vegetables plus vegetarian gravy made from butter, olive oil, flour onions, redcurrant jelly, and red wine and vegetable stock