

# Cashew and Carrot Nut Roast

Many people buy a pre-made one or purchase a packet mix, but this is such a quick simple recipe to make.

Ready in **45** minutes Serves **6**

## Ingredients

- 1 medium onion, chopped
- 1 large carrot, grated
- 2 tbsp rapeseed oil
- 225g cashew nuts
- 100g wholemeal bread
- 275ml vegetable stock
- 2 tsp herbs
- 1 tbsp soy sauce/tamari
- salt and pepper to taste

## Method

1. Preheat the oven to 200°/Gas 6, grease and line a loaf tin.
2. Place nuts and bread in a food processor and process until they are roughly ground.
3. Heat oil in a large saucepan. Sauté onion until soft. Add the grated carrot. Cook briefly.
4. Add the stock and herbs bring to the boil then remove from heat.
5. Add the nuts and breadcrumbs and mix well add soy sauce and season.
6. Spoon into prepared loaf tin and bake for 30 minutes until golden brown.

## Golden Cider Gravy

- 1 large onion, finely chopped
- 250ml vegetable stock
- 50ml cider
- 1 tsp sage/thyme
- 1 tbsp rapeseed oil
- salt and pepper to taste
- 2 tsp corn flour mixed with a little cold water

Heat oil in a saucepan and sauté the onion until golden. Add the cider. Stir well and add the stock or water and herbs. Bring to the boil then simmer on a low heat. Add the cornflour and cold water mixture; stir well until the gravy has thickened. Season to taste, add more stock if required. Can be blended to make smooth gravy. Freezes well.