

Recipe

9

Serves

4

# Nut Roast



## Ingredients

200g (8oz) ground nuts  
100g (4oz) nuts, chopped  
300g (12oz) mixture of root vegetables, e.g. potato, carrot, parsnip  
1 onion, chopped  
1x15ml spoon (1 Tablespoon) oil  
2 medium eggs  
1x5ml spoon (1 teaspoon) mixed herbs

## Equipment

Chopping board, knife, frying pan, measuring spoon, loaf tin and grease proof paper.

## Method

1. Preheat the oven to 170°C, Gas Mark 3.
2. Line loaf tin with grease proof paper.
3. Fry the vegetables and onion in oil for 10 minutes.
4. Mix the vegetables with the other ingredients.
5. Press the mixture into the loaf tin and bake for 1 hour.

# Nutrition Information

Nut Roast	per 100g	per recipe	per portion ( $\frac{1}{4}$ recipe)
Energy (kJ)	1117	9874	2468
Energy (kcal)	267	2360	590
Protein (g)	10.1	89.7	22.4
Fat (g)	21.7	192.0	48.0
of which saturates (g)	3.5	30.6	7.6
Carbohydrate (g)	8.5	75.0	18.7
of which sugars (g)	3.9	34.1	8.5
Fibre (g)	3.2	28.4	7.1
Sodium (mg)	126	1110	277
Salt (g)	0.3	2.8	0.7

## Notes

# Key Messages

## Healthy eating

- The nuts in the nut roast are a good source of protein and provide vitamins and minerals such as vitamin E and potassium.

## Money

- Nuts can be relatively expensive, so keep the cost down of the other ingredients by using frozen or canned vegetables, or those in season.

## Food safety

- Wash fresh vegetables thoroughly and peel when necessary.