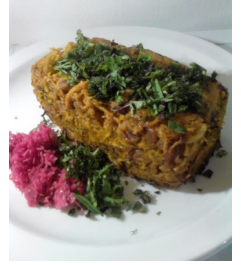


Nut Roast—Paleo Friendly

Serves 4-6 people. This recipe needs some soaking time to prepare, so plan accordingly. It can be frozen and re-heated just like fish fingers allowing you to produce a single portion if you are cooking for meat eaters too. This is Paleo friendly as there are no pulses or grains and the nuts are **soaked** to make the protein into a digestible state



Ingredients:

- 1 medium sized apple, peeled and grated
- 1 large sized sweet potato, peeled and grated
- 1 medium sized carrot, peeled and grated
- 1 small onion, peeled and grated or finely chopped
- 1 tablespoon of an oil of your choice
- 2 tablespoons ground almonds or chopped walnuts/cashew nuts
- 1 teaspoon each of cumin, sage, thyme & parsley
- 1 teaspoon freshly grated ginger (optional)
- 1/4 teaspoon sea salt and pepper or your preferred amount

Variations

The chopped nuts give a more crunchy texture. You could use chestnuts instead (ensure you soak them *before* cooking). . If you are using ground almonds just prepare everything and leave to rest for 4-8 hours, the almonds will soak up the juice from the vegetables and activate the protein into the more easily digestible state. It may need less cooking time as it will be a dryer consistency.

Advanced Preparation

This can be prepared a day in advance baked or unbaked. You can still bake again for a crispy texture. Soak the nuts in water *before* hand for 4 hours to make the protein easily digestible.

Method

1. Add all the ingredients into a bowl and mix well.
2. Place in a greased dish. I use a flan shaped dish so there is lots of the crispy edge. But you could use a loaf tin for a more moist texture. Use a fork to press down firmly.
3. Place in oven at 180 degrees gas 4 uncovered for 60-90 mins until it starts to leave the edge of the dish and brown off. Leave to cool before portioning out and freezing, or serve with optional herbs sprinkled on top.

