

AROMATIC NUT ROAST WITH TOMATO MOLÉ

Wheat-free Gluten-free Dairy-free

A delicious meal for the cooler autumn climate. This recipe combines nuts, seeds and warming herbs and spices to keep you warm and well nourished.

Ingredients:

NUT ROAST

3 ½ cups mixed nuts and seeds (e.g. cashews, almonds, macadamias, sunflower seeds)
4 cloves garlic
1 egg or 2 tbsp whey powder
1 cup soy or rice milk
1 cup fresh breadcrumbs*
1 tsp each of ground ginger and ground cardamom
Black pepper and sea salt to taste
Olive oil
Water

TOMATO MOLÉ

425g can of tomatoes
Small red capsicum (optional)
½ tsp each of cayenne pepper, turmeric, allspice and nutmeg
1 tsp honey
1 tbsp red wine vinegar

Method:

Preheat oven to 180°C.

Crush the nuts, seeds and garlic in a food processor or with a pestle and mortar. Mix in all the other nut roast ingredients, adding enough oil and water to bind them into a thick paste.

Spoon into a greased, deep sided baking dish. Bake for 45 minutes or until the top is golden brown.

Liquidise the tomatoes and capsicum in a blender, then strain through a fine sieve to remove the seeds. Warm in a heavy pan and add the spices. Cover and put aside until required.

Just before serving, heat it up again and stir in the honey and wine vinegars.

Serve slices of the nut roast on top of a layer of the spice tomato mole, with a green salad or steamed greens.

*Gluten-free breadcrumbs may be used if required.