

Nut and Lentil Loaf

This roast is packed with flavour and protein!

Ingredients

- 1 tsp paprika
- 1 tsp curry powder
- 1 tsp [Massel](#) 'Chicken' (or other vegan) stock powder
- 1 large onion, diced
- 1 third cup chopped parsley
- 1 tin crushed tomatoes
- 1 tin cooked lentils, rinsed
- Half cup tomato sauce
- 1 cup crunchy peanut butter
- 3 Weet-Bix (or other dry wheat cereal biscuit), crushed
- 2 cups or 600 g finely ground nuts, such as almonds, walnuts (or other raw nuts like pecan nuts, pistachios, or hazelnuts)
- 1 third cup tomato sauce
- Half cup water

Method

1. Saute onions in water
2. Add spices, tomatoes, parsley, Weet-Bix, tomato sauce, ground nuts and peanut butter
3. Stir in and mix ingredients for 5 minutes
4. Add lentils, mix thoroughly into a solid mixture – add more Weet-Bix if mixture too wet
5. Grease a loaf tin (or line with baking paper) and spoon in mixture
6. Spread tomato sauce over the roast
7. Bake for 30 minutes at 180C
8. Serve with fruit chutney or gravy, side vegetables or salad

