

Season to taste

A JOYFUL HOLIDAY CAMPAIGN

Parsnip and cranberry nut-free roast



serves 2



1 hour



INGREDIENTS

75 grammes raw cashews, soaked for at least 4 hours (preferably overnight)

200 millilitres water

1 teaspoon flaky salt (halve if using fine salt)

1 large clove of garlic

1 tablespoon nutritional yeast

1 teaspoon apple cider vinegar

2 tablespoon tapioca flour/starch

Small bunch of rosemary

2 garlic cloves

1/2 tablespoon olive oil

Freshly ground black pepper

Additional notes

Recipe created by Steve Wilson and provided by
Made in Hackney

METHOD

Preheat the oven to 170C fan/ 190C/ gas mark 5

Cover the lentils with 1 litre of water and season with a pinch of salt. Bring to the boil then simmer the lentils for 20 mins. Strain and leave to cool.

Finely dice the onion. Finely chop the garlic.

Sautee the onion until soft and golden in a little oil for 5 minutes, add the garlic and sauté for a further minute.

Peel the parsnip and slice into long strips. Add to a pan of salted boiling water and cook for 4 minutes until tender. Remove from the pan onto a plate.

Toast the seeds until golden to bring out their nutty flavours and toast their oils.

Roughly chop the seeds, leave some whole and have some in pieces.

Add all of the rest of the nut roast ingredients together.

Line a small loaf tin with baking parchment in the bottom and grease the sides.

Put the cranberry sauce at the bottom of the tin and spread it out over the greaseproof paper.

Layer the parsnip pieces in the bottom of the tin on top of the cranberry. Make it look pretty. It is good to cut the pieces so that they are uniform.

Press the nut roast down on top of the parsnip and cranberry mix.

Bake in the preheated oven for 25 mins. Turn the nut roast out onto a plate or board to serve.