



## GUT LOVE NUT LOAF WITH TOMATO SAUCE

### INGREDIENTS

- 250g x unsalted mixed nuts
- 100g x raw unsalted macadamia nuts
- 1 x Tablespoons of mixed seeds (find your favourite type)
- 1 x medium carrot grated
- 1 x medium zucchini grated (if not in season use frozen peas or other green vegetable)
- 1 x clove of garlic crushed
- 1 x cup of sour dough or wholemeal breadcrumbs
- 100g x your favourite grated cheese (you can use more than one type)
- 1-2 x Tablespoons of parsley
- 3 x large eggs, whisked lightly

#### Sauce

- 1 x cup of passata or chopped tomatoes
- 2-3 x Tablespoons of miso paste
- 1 x red onion finely diced
- 1 x clove of garlic crushed
- 1 x red capsicum deseeded and diced
- 1 x punnet (~300g but extra wont' hurt) of cherry tomatoes
- 2 x Tablespoons of thyme leaves
- 2 x Teaspoons of balsamic vinegar or apple cider vinegar
- 2-3 x Tablespoons of extra virgin olive oil

- 2 x Tablespoons of pinenuts

# DIRECTIONS

- Get your oven on at 160° C. Put your mixed nuts and macadamia nuts on an oven tray so they are spread out and put them in the oven for 10-15 mins or until lightly toasted. Then put them somewhere to cool for later.
- Next get a large bowl ready and a large loaf tin. Line the loaf tin with some baking paper.
- To make the sauce, fry the onion, capsicum, cherry tomatoes and garlic in some extra virgin olive oil in a frypan until the onion is soft. Stir in the miso paste, thyme leaves, passata, and vinegar and simmer for 5 minutes or until it's nice and thick. Have a taste, if it tastes great then take it off the heat and let it cool.
- Nuts! Get the cooled nuts and put them into a processor to finely chop them. Put them in the large bowl along with the breadcrumbs, carrot and zucchini, half the cheese, parsley, whisked eggs and half the sauce you just made. Grind in some pepper for extra seasoning but no extra salt. Make sure the sauce is cool before you put it in this mix!
- Mix well and transfer to the loaf tin. Cover the tin with foil and get it in the oven to cook for 20 mins. After 20 mins, uncover and put pinenuts and the rest of your cheese on top. Put it back in the oven for about 20mins or until the top is golden brown.
- Reheat that beautiful sauce when the loaf is almost ready and serve with some in season greens. You could also have this dish with some sauerkraut or Kim Chi on the side or have it with baked vegetables or salad. It's also perfect for lunch the next day, hot or cold! Enjoy

PREP TIME: 30 MIN

COOK TIME: 20 MINS

TOTAL TIME: 40 MINS

SERVES: 4-6 PEOPLE