

## Fate Nut Roast

### Ingredients

200g onion, chopped

400g carrots, grated

2 tablespoons oil

100g chestnut mushrooms, chopped\*

200g chestnuts, chopped into small pieces

25g butter

2 tablespoons chopped fresh parsley,

2 teaspoons dried thyme

1½ teaspoons dried sage

1½ teaspoons dried oregano

180g Fate Low Protein All Purpose Mix

1 good teaspoon salt

1 – 2 teaspoons coarse ground black pepper

Little oil to brush the top

\* may need to count as exchanges

Oven temperature: Gas Mark 6/200°C/400°F



### Method

1. Heat the oil in a large frying pan, and add the chopped onion and grated carrot. Cook over a high heat until the mixture is softened and turning brown. Add the mushrooms and cook for a further 5 minutes. Keep the heat up high to evaporate any moisture from the mushrooms.
2. Add the butter and stir to melt. Remove the mixture to a large bowl. Add the chopped chestnuts. Then stir in the parsley, thyme, sage and oregano. Season with salt and pepper. Leave to cool for about 5 minutes. Use a large metal spoon, stir in about ½ of the Fate All Purpose Mix, then add the rest and mix well until blended in.
3. Place into a well-buttered 1kg loaf tin and use the back of a spoon to level the top. Brush the top with a little oil, do not add too much.

4. Place in a preheated oven for 30-35mins. It will rise only a little. A skewer pushed into the middle should come out clean.
5. Take out of the oven and leave to cool for about 10 minutes before turning out on to a wire rack.
6. Slice to serve hot as part of a delicious roast dinner, or cold as a sandwich filling or part of a ploughman's.
7. The nut roast freezes well, just cut into slices and wrap well.
8. Defrost and warm through before serving.

*This recipe was provided by Fate Low Protein Foods*

*National Centre for Inherited Metabolic Disorders*