

Oriental Vegetable Bake Recipe

Ingredients

1 tablespoon oil
150g onion, finely chopped (you could use frozen diced onion if available)
150g Fate Low Protein All-Purpose Mix
75g block margarine
Pinch salt
Pepper to season
1 teaspoon baking powder
1 teaspoon curry powder
75g carrot, grated
90mls water
6 – 8 slices fresh tomato, for garnish

Method

1. Pre-heat oven Gas 6/200°C/400°F
2. Heat a frying pan and pour in the oil, when it is hot add the onion. Cook for 5 – 10 minutes until golden brown.
3. Place into a small dish and cool.
4. Place the Fate Low Protein All-Purpose Mix into a mixing bowl and rub in the margarine until the mixture resembles breadcrumbs. Add the salt and pepper to season.
5. Stir in the baking powder and curry powder, and then stir in the grated carrot.
6. Add the water, and mix with a large metal spoon until blended well.
7. Place the mixture into a greased shallow round cake tin about 15 cms (6 inches) diameter.
8. Use a large spoon to spread the mixture to the edges. There is no need to make the top smooth, it looks good if it has a rough surface. Mark the surface into 6 portions.
9. Bake in the pre-heated oven for about 30 minutes, but about 10 minutes before the end of the cooking time, place a slice of tomato onto each portion.
10. Continue to cook until golden brown.

NOTE: Oriental bake freezes well! Defrost when needed, wrap loosely in foil and place in a warm oven to heat through.

This recipe was provided by Fate.