

Cashew Nut Roast

Ingredients:

8 oz chopped Cashew Nuts

4 oz Bread Crumbs

1 Onion (finely chopped)

1 tsp Mixed Herbs

½ pint of Vegetable Stock

1 tsp Marmite

2 Eggs



Methods

1. Blend cashew nuts and then mix well with bread crumbs.
2. Add 1 tsp of mixed herbs to cashew nuts and bread crumbs.
3. Lightly fry the onion in a little oil, do not brown it.
4. Make up Vegetable Stock and while it is still hot add 1 tsp of Marmite and mix until dissolved.
5. Crack 2 eggs into a bowl and beat them.
6. Add all the ingredients together.
7. Place in a greased Loaf tin.
8. Place in the oven and bake at 180C for 30 minutes.

Enjoy as an alternative to turkey on Christmas Day.