

Parsnip Loaf

One for the vegetarians. It is lovely and moist, and easy to slice and freeze too. Try experimenting with different seasonings!

Ingredients:

400g grated parsnip
200g ground nuts (cashew, almond and/or brazils)
1 onion, chopped
2 cloves of garlic
1 tbsp parsley (if you have it)
2 eggs
salt and pepper
1/2 tbsps oil

Method:

Cook the onion until soft.
Mix in the rest of the ingredients.
Put in a loaf tin and cook at gas mark 3 for 1 hour.