

# Christmas Nut Roast

🕒 60 Mins - 90 Mins



50g quinoa flakes

100g oat flakes

50g oatmeal

1 sprig of rosemary

6 sage leaves

1 bag (200-250g) spinach, washed

4 cloves garlic, crushed

2 tsp salt

Black pepper

Half tsp chilli sauce (optional)

1 can of chopped tomatoes

6 dessertspoon olive oil

1 dessertspoon rice syrup

Nuts - Coarse Ground:

100g cashew nuts

100g walnuts

100g brazil nuts



## Cooking Instructions

- Pre-heat the oven to 180°C
- Grind the nuts to a coarse texture in a pestle and mortar
- Mix together the quinoa flakes, oat flakes, oatmeal and nuts into a bowl
- Bash up the salt, garlic, rosemary & sage leaves in a pestle & mortar to make a rough paste and add to the mixing bowl, mix well
- Finely chop the spinach and mix into the bowl

- Add the tomatoes (and chilli sauce if using), season with black pepper and mix well
- Add the olive oil and rice syrup and mix in well
- Line a loaf tin with grease-proof paper and spoon in the mixture, pressing down firmly as you go
- Cook for approximately an 60-90 minutes (depending on your oven), until golden brown on top and cooked all the way through