



*Thanks, friend! Here's a free recipe.*

## Vegan Pate

### Equipment:

- Food processor

### Ingredients:

- 1 can of rinsed and drained cannellini beans
- 2 portobello mushroom caps, diced (170 g)
- 1/2 a red onion
- 3 tsp nutritional yeast
- ¼ tsp Marmite
- 1 heaping tsp minced garlic
- A handful fresh parsley (leaves and tender stems), chopped
- 1 long sprig fresh rosemary or 3 short sprigs, chopped
- Fish sauce to taste (can leave out)
- Black pepper to taste
- Salt to taste

### Instructions:

1. In a frying pan or wok, add olive oil and heat on medium high. Add garlic when oil shimmers.
2. Add red onions and stir fry until soft, then add the diced portobello mushrooms and herbs. Stir fry until fully cooked. Set aside to cool unless your food processor can handle hot food.
3. Add the cooked mushrooms and onions to the food processor. Process, gradually adding the beans. Add the rest of the ingredients and process until smooth.
4. Enjoy immediately with your favorite crackers or transfer to an airtight container and store in the fridge.



