

**Apricot and Rosemary Nut Roast** - recommended by customers Emily and Carl

**Ingredients**

2 Onions finely dice-

200g dried apricots

200g mixed nuts

200g green lentils

Leaves from 4 fresh rosemary sprigs, finely chopped

Salt and Pepper to taste

Oil for frying

100ml cold water



**Method**

- Soak the lentils overnight before cooking
- Preheat the oven to 200C /180C fan/gas mark 6
- Line a 450g (approx. 20x10cm) loaf tin with baking paper
- Heat a little olive oil in a frying pan over a medium heat and fry the finely diced onion for 10mins until softened, stirring frequently
- Meanwhile, add the apricots to a food processor with 100ml of cold water and process to a smooth paste
- Add the nuts to the processor and pulse until they have mostly broken down
- Drain and rinse the lentils then add to the processor and pulse until the mixture holds together
- Transfer the mixture to a large mixing bowl along with the fried onions, chopped rosemary leaves, salt and pepper to taste and combine
- Transfer the mixture to the prepared loaf tin, pushing it down so that it is compact and level
- Bake in the oven for 45mins until golden brown.
- Remove from the oven and allow to stand in the tin for 5mins before turning out onto a wooden board, serve in slices.