

1. Put oil, onion and garlic in a bowl. Cook on full power for 2 minutes.
2. Grind the nuts and bread in a blender.
3. Put the stock and marmite in a jug heat on full power for 3 minutes.
4. Combine all the ingredients together, the consistency should be like porridge not too stiff. Put into a microwave safe dish.
5. Level the surface and sprinkle with extra breadcrumbs. Cook on Full power for 8-10 minutes.
6. Sprinkle top with some grated cheese and grill for 3-4 minutes for extra colour.

1 onion, chopped  
1 garlic clove, crushed  
25g olive oil  
225g mixed nuts, eg almonds, walnuts  
100g bread  
50gm grated carrot  
125ml vegetable stock or water  
2 tsp marmite  
1 tsp each parsley and thyme  
1 egg

**MAIN COURSE****'What's Cooking!' Recipe Card****Nut loaf****Food Fact:-**

Nuts are an excellent source of protein and also supply healthy fats. They are also rich in fibre and minerals.

**Preparation time** 10 MINS

**Cooking time** 10 MINS

**SERVES 4-6**