

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**