

Chick Pea & Vegetable Loaf

6 portions

- 70g Chick Peas in Water
- ½ Red Onion Finely Chopped
- 1 Celery Stick Chopped Finely
- 2 Whole Fresh Tomatoes Chopped
- 1 Tsp Ground Cumin
- 2 Tbs Chopped Flat Leaf Parsley
- 2 Carrots Grated
- 1 Garlic Clove Crushed and chopped
Finely
- 2 Large Free Range Eggs
- 1 Large Courgette Grated
- 1 Jacket Potato Grated, Raw



Method

1. Sauté all the finely chopped and grated vegetables in a little olive oil until soft.
2. Crush the chick peas with a potato masher and add to the vegetable mixture.
3. Add the cumin and chopped parsley to the mixture
4. Remove mixture from heat.
5. Line a loaf tin with grease proof paper
6. Turn the Oven onto 180C
7. Beat the eggs, then gently mix into the vegetable mixture
8. Spoon into the lined loaf tin
9. Bake at 180C for 20 – 30 minutes
10. Serve Hot slices with salad or roasted vegetables

