

MUSHROOM LOAF

1 medium onion, chopped
1 clove garlic crushed
2 tablespoons oil
1 ½ peppers, mixed colours, deseeded and chopped finely
450g mixed mushrooms, sliced,
120g fresh breadcrumbs, preferably wholemeal
1 tsp dried herbs
50g walnuts, chopped,
1 tablespoon soy sauce
90g cheese, grated. I used Cheddar, but others would be fine
1 egg, beaten
Black pepper

Method

Fry the onion and garlic gently in a large saucepan until soft.

Add the peppers and cook for another five minutes

Add the mushrooms and fry until soft.

Take the saucepan off the heat and stir in the bread crumbs, dried herbs, walnuts, soy sauce, egg, and black pepper, to taste.

Grease a 900g loaf tin and put the mixture in, pressing down well.

Sprinkle the cheese on top.

Bake for 40-45 minutes at 180° C / 350° F

Allow to rest for few minutes before taking it out of the tin and cutting it into slices.