

Vegetarian Haggis

prep time 30 mins, cooking time 20 mins serves 6

Ingredients:

- 1 onion - chopped
- 1 carrot - grated
- 3 big mushrooms - chopped
- 80g nuts almonds / hazelnuts - ground
- 100g pinhead oats
- 80g lentils
- 1 tin white beans - drained and chopped
- Juice of ½ lemon
- Butter / oil for frying
- 2 tsp miso paste
- 60g hemp hearts
- 1 egg beaten
- 1 tsp mixed dried herbs
- ¼ tsp cinnamon
- ½ tsp nutmeg
- 1-2 tsp black pepper
- ¼ tsp cayenne pepper

Instructions

1. Cover lentils in water and bring to the boil, and reduce - do not let dry out
2. Saute the onion in some butter or oil for 5 minutes
3. Add mushrooms with cinnamon, nutmeg and pepper cook for further 2 minutes
4. Add carrot and lemon juice for 2 minutes
5. Add the lentils and their water
6. Stir in the chopped nuts
7. Add oats and herbs and cayenne - cover with water
8. Cook on heat for 10 minutes, stirring occasionally
9. Add beans, egg, miso and hemp hearts - taste - it should be spicy so add more pepper to taste
10. Cook for 5 minutes and pack into buttered loaf tin, cover with tinfoil
11. Bake at 175 for 20 mins.
12. Turn out onto a plate and serve with mashed neeps and tatties

To do in parcels, add savoy cabbage to ingredients.

Boil leaf of per parcel for 5 mins, rinse and sit in cold water for 5 then dry and roll between 2 tea towels separately or will stick together.

Put cling film down, place leaf on top, large spoon of haggis and roll, folding ends in as well.

Wrap cling film tightly and seal ends - when ready boil for 20 mins.

