

# HAZELNUT LOAF

3-4 Tbsp cold pressed oil  
1 medium onion, finely chopped  
100g hazelnuts, chopped  
2-3 medium courgettes, diced small  
1 Tbsp sesame seeds  
1 tsp cumin powder  
½ tsp turmeric

1 tsp grated fresh ginger root  
75g rolled oats  
75g ground nuts e.g.  
peanuts/almonds  
50g coconut  
pinch cayenne pepper  
290g can tomato puree

Heat 1-2 Tbsp of oil in frying pan and sauté onions.

Add the hazelnuts and courgettes and cook 8-10 minutes further until courgettes are soft then remove from heat. Transfer to a bowl.

Heat 2 Tbsp oil in frying pan and mix in sesame seeds, cumin and tumeric. Cook 5 minutes while stirring. Watch carefully so seeds do not burn.

Add sesame seed mixture to hazelnuts in the bowl, and combine all ingredients.

Press mixture firmly into a greased loaf tin and bake 35- 40 minutes at 180oC. The top should be well browned and firm to the touch.

Stand five minutes, turn out and slice to serve with a sauce or gravy.

Accompany with jacket potatoes, roasted pumpkin and 2 green vegetables in season.

