



Nut-Free Lentil Roast Wreath

This lentil roast is simple to make and makes a very impressive centrepiece for Christmas dinner. It's a great nut-free alternative to a nut roast and can be made gluten-free simply by using gluten-free oats and tamari instead of soy sauce.

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Total Time: 1 hour

Ingredients (Servings: 7)

- 1 Tbsp vegetable oil
- 1 onion, finely chopped
- 2 cloves garlic, puréed
- 2 carrots, grated
- 2 parsnips, grated
- 2 tsp fresh thyme, chopped
- 1 tsp fresh rosemary, chopped
- 1 tsp fresh sage, chopped
- 2 x 400g tins lentils, drained
- 1 Tbsp soy sauce
- 150 g rolled oats

To garnish:

- cranberry sauce
- redcurrants
- fresh rosemary sprigs
- fresh thyme sprigs

Method

1. Preheat the oven to 180°C/355°F/Gas 4, then add the oil to a frying pan over a medium heat. Add the onion, garlic, carrots, parsnips, thyme, rosemary and sage and fry for 4-5 minutes until the vegetables are cooked through.
2. Add these to a bowl with the lentils, soy sauce and oats and use a masher to mash the ingredients together to form a thick paste, season to taste. Press the mixture into a bundt tin and place in the oven to bake for 30-40 minutes until crisp and firm. Remove from the oven and turn out of the tin.
3. To garnish, spread cranberry sauce over the top and decorate with redcurrants, rosemary and thyme.

Nutritional information per serving (152g): **Calories** 195, **Fat** 2.6g, **Saturates** 0.3g, **Carbohydrate** 34g, **Sugars** 3.9g, **Fibre** 10g, **Protein** 11g, **Salt** 0.26g