



Vegan Beetroot, Walnut & Sunflower Pâté with Apple Chutney

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Liven up your lunchtimes or impress your guests with this vegan beetroot, walnut and sunflower pâté

Course Appetizer, Lunch

Cuisine French

Keyword healthy vegan, savoury vegan, vegan

Prep Time 10 minutes

Cook Time 1 hour

Total Time 1 hour 10 minutes

Servings 2

Calories 781kcal

Ingredients

For the chutney

- 1/2 onion diced
- 2 apples diced
- 2 Tbsp sultanas
- 3 tsp mixed spice
- 50 g caster sugar
- 80 ml apple cider vinegar

For the pâté

- 1 Tbsp olive oil
- 2 Tbsp dairy-free butter
- 2 cloves of garlic
- 1 onion diced
- 200 g cooked beetroot diced
- 1 Tbsp fresh thyme
- 60 ml red wine
- 50 g sunflower seeds
- 50 g walnuts

Instructions

1. To make the chutney, put the onions, apples, sultanas, mixed spice, sugar and vinegar in a pan and simmer for 1 hour until the ingredients have cooked down. Leave to cool.
2. For the pâté, heat the oil and butter in a frying pan over medium heat. Add the garlic, onion, beetroot and thyme and sauté for 3-4 minutes until the onions start to soften. Then add the red wine and leave to cook until all the wine is absorbed.
3. Add the contents of the pan to a food processor, along with the sunflower seeds and walnuts, and blend until smooth. Season with salt and pepper to taste, and place in a ramekin in the fridge until ready to serve.

Nutrition

Serving: 541g | Calories: 781kcal | Carbohydrates: 81g | Protein: 13g | Fat: 47g | Saturated Fat: 5.6g | Sodium: 232mg | Fiber: 10g | Sugar: 61g