



Mushroom Nut Loaf Wreath



Bring festive cheer to your Christmas table with this mushroom nut loaf wreath. It's a hearty, flavour-packed plant-based centrepiece that's perfect for those seeking a wholesome, seasonal main that celebrates natural ingredients.

Course	Dinner, Main Course
Cuisine	British
Keyword	autumn vegan, healthy vegan, meat free, nut roast, plant based, plant based christmas, vegan, vegan christmas, vegan wreath
Prep Time	30 minutes
Cook Time	1 hour 30 minutes
Total Time	2 hours
Servings	6
Calories	326kcal
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Ingredients

For the rice:

- 200 g brown rice rinsed and uncooked
- 750 ml vegetable stock broth
- 115 g pecans walnuts or sunflower seeds, finely chopped or pulsed in a food processor
- 400 g tin of brown lentils drained
- 120 ml vegetable stock broth
- 30 g dried cranberries optional
- 3 Tbsp ground chia or flax seeds

For the mushrooms

- olive oil/vegan butter as needed
- 1 large brown or white onion finely chopped
- 3 garlic cloves finely chopped
- 200 g mushrooms finely chopped
- 1 carrot finely chopped
- 1 Tbsp thyme fresh or dried
- 1 Tbsp chopped oregano fresh or dried
- 1 Tbsp chopped rosemary fresh or dried
- 60 g tomato purée paste
- 60 ml soy or tamari sauce
- 60 ml vegan red wine optional
- salt and pepper to taste

To decorate (optional)

- sliced cooked beetroot I used tinned to save time
- 1 potato uncooked, sliced thinly
- rosemary sprigs

Instructions

1. In a medium-size pot, add the brown rice and 750ml vegetable stock (or water). Bring to a boil for 5 minutes, then cover to cook for about 30 minutes or until the rice is tender. Scoop the cooked rice into a large mixing bowl.
2. Add the nuts (or seeds), lentils, 120ml vegetable stock (or water), cranberries and ground chia (or flax) seeds to the large bowl with the cooked rice. Mix until combined and set aside. 3 Preheat the oven to 180°C/Gas Mark 4. Line and generously grease a 20cm (8in) savarin tin or ring tin. Alternatively, use a normal 20cm (8in) round cake tin and place a circular oven-safe object in the middle as the 'hole'.
3. Add oil or vegan butter to a large frying pan over high heat. Add the onion and sauté for 3 minutes or until translucent. Add the garlic and sauté for 1 minute or until fragrant.
4. Add the rest of the ingredients (mushrooms, carrots, herbs, purée, soy sauce and wine) to the pan. Cook for 20 minutes or until the mushrooms are soft and the mixture has reduced.
5. Add the mushroom mixture to the large bowl and mix until combined. Taste the mixture and season with salt, pepper or additional herbs to taste.
6. Arrange the sliced beetroot and potato on the bottom of the baking tin. Transfer the nut loaf mixture to it and press the mixture down very firmly.
7. Bake the wreath in the oven for 40-50 minutes until the top is dry to the touch and the edges are golden brown.
8. Allow the wreath to cool in the tin for 30 minutes, then invert onto a serving plate. Garnish with rosemary sprigs. Enjoy with your favourite gravy.

Notes

TIP 1: To save time in the kitchen, use a food processor to chop the onion, garlic, choice of nuts, mushrooms and carrots.

TIP 2: If you'd like to make this recipe in advance, prepare the nut loaf mixture and store it in an airtight container in the fridge for 1-2 days. On the day of serving, arrange the beetroot and potato on the bottom of the tin, assemble and bake.