

VEGETABLE BROWN RICE LOAF

Packed with delicious vegetables, nuts, vegemite and cheese, this vegetarian dish is sure to satisfy even the pickiest of eaters.

NORMAL	30	40	6

Ingredients

- 1 cup SunRice Brown Rice
- 4 eggs
- 2 tbsp extra virgin olive oil
- 200g mushrooms
- 3/4 cup walnuts
- 1 celery stalk
- 1 carrot
- 1 onion
- 3 garlic cloves
- 1/2 tsp vegemite
- 1 tsp Leggo's Tomato Paste
- 1 tsp smoked paprika
- 1/2 bunch silverbeet, chopped
- 2 slices wholemeal bread
- 1 cup Cheer Tasty Cheese
- 1 tbsp parsley
- 1 tsp dried sage
- 1 1/2 tsp salt

Instructions

1. Preheat the oven to 180C.
2. Place walnuts in a food processor, pulse until you have a loose meal. Transfer to a large bowl and set aside. Add bread and mushrooms in a food processor and pulse until chopped. Add to the walnut bowl. Next add onion, carrot, celery, and garlic in the food processor and pulse until roughly chopped.
3. In a saucepan over medium heat, add butter to the pan and when it starts foaming add the chopped vegetable mixture and cook stirring for 3-4 minutes. Add the silverbeet, vegemite, tomato paste, smoked paprika and cook until softened and liquid from the vegetables have evaporated. Transfer to the bowl with the mushrooms and breadcrumbs. Add the rice, cheese, eggs, parsley, sage, salt and pepper and stir until it's combined and homogenous.
4. Generously grease a loaf tin with butter. Pour in the vegetable mix and bake for 40-50 minutes. To check if it's cooked, insert a skewer in the centre of the loaf and when removed it should come out clean with no streaks of batter.