

Hazelnut Red Pepper Roast

A delicious vegetarian option, eat it hot, warm or cold. The recipe makes 4 portions and freezes well.

100g hazelnuts
½ tin of chopped tomatoes
½ small onion – chopped
1 small red pepper – chopped
45g breadcrumbs
1 clove garlic
½ tsp dried mixed herbs
2 tsp curry powder
1 egg
1 tsp oil
Salt & pepper



1. Heat the oil in a small pan, fry the onion, garlic and pepper until soft. Remove the pan from the heat and add the remaining ingredients.
2. Grease 4 x 150ml size ramekins or bun tins and put a circle of greased, greaseproof paper in the bottom of each one.
3. Divide the mixture between the ramekins and bake at 180C/350F/Gas 5 for 20min.
4. To serve, run a knife around the sides of the ramekins and turn out. Serve with salad or vegetables.

Hints, Tips and Variations

Dairy free, use gluten free breadcrumbs to make this dish gluten free.

Freezes well, re heat in a microwave.

Double up the recipe and bake in a 450g lined loaf tin. Then turn out and slice to serve.