



Vegetable Loaf

Equipment

- Knife
- Chopping board
- Scales
- Can opener
- Vegetable peeler
- Measuring cups and spoons
- Colander
- Mixing bowls
- Metal or wooden spoon
- Potato masher
- 24cm x 13cm baking dish (for cooking vegetable loaf)
- Saucepan (for cooking vegetables)
- Saucepan (for cooking sauce)

Ingredients

	4-6 serves
For the vegetable loaf	
Olive oil	1 tablespoon
Onion, finely diced	½ onion
Garlic, minced	2 teaspoons (2 cloves)
Carrot, grated	2 medium
Celery, finely diced	2 stalks
Canned chickpeas, drained	2 x 400 gram tins
Dried breadcrumbs	¾ cup
Egg	1 egg
Worcestershire sauce	1 tablespoon
Salt reduced soy sauce	1 tablespoon
Salt and pepper	To taste
For the tomato sauce	
Olive oil	2 teaspoons
Onion, diced	½ onion
Brown sugar	1 tablespoon
Salt reduced tomato paste	2 teaspoons
Canned crushed tomatoes	2/3 cup
Worcestershire sauce	1 teaspoon
Apple cider vinegar	2 tablespoons
Salt and pepper	To taste

Method

To make the tomato sauce

- 1 Put the saucepan over medium heat. Add the oil and onions and cook stirring occasionally for about 5 minutes or until the onion starts to look transparent.

- 2 Stir in the brown sugar, tomato paste, crushed tomatoes, Worcestershire sauce and vinegar. Bring the mixture to a boil over high heat, stirring often. Reduce the heat to low and simmer, stirring occasionally to prevent the sauce from sticking. Simmer for about 30 minutes or until it thickens to a sauce like consistency. Season with salt and pepper and set aside.

To make the vegetable loaf

- 3 Preheat the oven to 180°C. Spray or lightly brush the baking dish with oil.
- 4 Put the saucepan over medium heat and add the oil. Add the onion, garlic, carrot and celery and cook for about 5 minutes or until the onion starts to look transparent. Remove from heat and set aside.
- 5 Add the chickpeas to a large bowl and mash until they are well broken up (not pasty or mushy).
- 6 Add the cooked vegetables and remaining ingredients to the chickpeas. Stir until very well combined.
- 7 Press the loaf mixture into the prepared tray and cover with foil.
- 8 Bake for 30 minutes.
- 9 Remove the tray from oven and spread the tomato sauce evenly over the top of the loaf.
- 10 Bake uncovered for another 15 minutes. Allow to rest for at least 15 minutes before slicing, to make sure it holds together.

To serve

- 10 Place sliced vegetable loaf onto plates and serve with your favourite steamed vegetables or salad ... enjoy!