

Vegetable Brown Rice Loaf



The ultimate 'meatloaf' for vegetarians. Packed with delicious vegetables, and nuts, and pumped up with vegemite and cheese, you can't go wrong with this recipe for your next dinner party.

Ingredients

- 1 cup cooked brown rice
- 4 eggs
- 2 tbsp extra virgin olive oil
- 200 g mushrooms
- 3/4 cup walnuts
- 1 celery stalk
- 1 carrot
- 1 onion
- 3 garlic cloves
- 1/2 tsp vegemite
- 1 tsp tomato paste
- 1 tsp smoked paprika

1/2 bunch silverbeet, stems discarded, leaves chopped

2 slices of wholemeal or seeded bread

1 cup cheddar cheese

1 tbsp parsley, chopped

1 tsp dried sage

1 1/2 tsp salt

Method:

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.