



## CALIFORNIA PRUNES & STILTON NUT ROAST

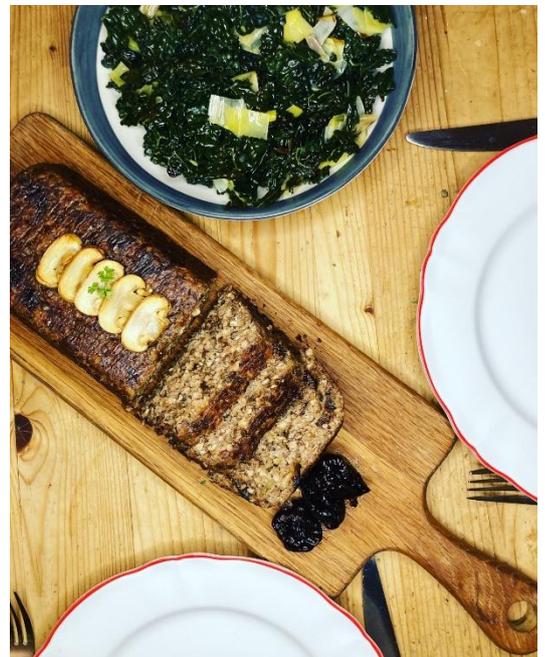
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A nut roast is packed with micronutrients and this one is a particularly nutritious version. It is full of fibre and plant proteins which give it fantastic anti-inflammatory credentials, which among other things is important for the maintenance of bone density. Another key mineral in bone metabolism and health is manganese, which is necessary for the formation of collagen and mineralization of bones. California Prunes, nuts and lentils are all great sources of this essential mineral.

**Prep Time:** 10 minutes  
**Cook Time:** 55 minutes  
**Serves:** 8

**Ingredients:**

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 sticks celery, chopped
- 150g mushrooms, chopped (slice one mushroom and save for garnishing)
- 100g bread (any kind)
- 75g walnuts
- 75g cashews
- 150g brown or green lentils
- 2 eggs
- 200g stilton, crumbled
- 3 tsp dried mixed herbs
- 100g California Prunes, chopped



**Here's How:**

1. Preheat the oven to 170 °C.
2. Cook the lentils according to the instructions on the pack.
3. Fry the onions and celery in the oil until softened (about 3 minutes) and then add the mushrooms.
4. Turn the heat up a bit and cook until starting to brown, stirring regularly so the onions don't burn.
5. Put the onion and mushroom mixture into a food processor and add the breadcrumbs, mixed herbs and nuts and blend until you have a fairly smooth mixture.
6. Leave it to cool slightly before stirring in the cooked lentils, eggs, chopped California Prunes and well-crumbled stilton.
7. Season with plenty of black pepper.



8. Grease (or line) a small loaf tin and then tip the mixture in, pressing it down firmly so there aren't any air bubbles.
9. Cook in the oven for 50-55 minutes.
10. While it's cooking, fry the mushroom for garnishing in a little oil.
11. When the nut roast is ready, remove from the tin.
12. Garnish with the sliced mushroom and a few chopped nuts. Leave it to cool slightly before slicing.

**Link to Website:** <https://www.californiaprunes.net/recipes/stilton-nut-roast/>