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# VEGAN FESTIVE LENTIL LOAF

## *with Nuts and Potatoes*

**Nele Liivlaid**

To sum it up, my lentil loaf is vegan, plant-based, gluten-free, low fat, egg-free, vegan Candida diet friendly (except for those on cleanse) and totally guilt-free. The lentil loaf goes extremely well with my vegan cheese sauce (see recipe below), a salad of Romaine lettuce, steamed kale, oven roasted tahini-sauce coated Brussels sprouts and raw red cabbage.

### INGREDIENTS

- 100g (3.5oz) dry red lentils, (240g, 8.5oz cooked)
- 85g (3oz) boiled unsalted chickpeas
- 1 red onion, chopped
- 12 leek slices, about 1 cm thick
- 1 medium carrot, chopped
- ½ sweet potato (about 160g, 5.6oz)
- 1 big potato (about 160g, 5.6oz)
- 4 garlic cloves
- 2 pinches of chilli flakes
- 1 tsp. smoked paprika powder
- 15g (0.5oz) miso paste
- Leaves from 3 fresh rosemary stalks, chopped
- Leaves from 5 fresh sage stalks, chopped
- 25g (0.9oz) hazelnuts
- 25g (0.9oz) almonds
- 2 tbsps. ground flax seeds + 4 tbsps. water
- 3 tps. dried tomato granules
- ½ tbsp. raw buckwheat flour
- Black pepper and Himalayan salt to taste





## INSTRUCTIONS

1. Wash the lentils well and boil. Set aside.
2. Process the nuts in food processor into coarse crumbs or chop them with a knife. Process the chickpeas in a food processor or mash with fork.
3. Mix ground flax seeds with water and set aside.
4. Chop onion, leek, carrot, sweet potato and potato into smaller cubes and throw them into a bowl.
5. Take a big pot, add 2 tbsps. of water (you shouldn't need more) and heat it up. Once the water starts to sizzle, bring down the heat, add chopped veggies and mix for a while. Cover with lid and mix every now and then. Saute the veggies for a total of 8-10 minutes.
6. Peel garlic cloves and crush them through garlic press. Add to pot of veggies and mix well. Also add chilli flakes, paprika powder, miso paste and chopped sage and rosemary into the pot. Mix well. All this in the range of 8-10 minutes.
7. Turn off the heat and cool the veggies a bit by mixing it with spoon and let the excess water to vaporize.
8. Add into pot: boiled lentils, processed nuts and chickpeas, tomato granules and flax eggs. Mix really well. Taste and season with Himalayan salt and black pepper.
9. Finally mix in ½ tbsp. of buckwheat flour. The mixture has to be quite dry – it's still moist, but not liquid.
10. Heat oven to 190°C (375°F). Take loaf tin (I used 23cm x 8cm x 7cm) and line it with parchment paper.
11. Transfer the loaf mixture into tin and press it down really well using spatula to make sure there are no air bubbles.
12. Bake for 50 minutes until it's golden. Remove from oven and let breathe for a couple of minutes. Then, place chopping board over the tin and flip it over. Remove the tin letting the loaf to breathe for another couple of minutes before taking off the parchment paper. Let cool before slicing.

### Nele Liivlaid



Nele Liivlaid is the recipe developer behind [nutriplant.org](http://nutriplant.org). Nele is interested in nutrition and related diseases; she aims to spread the word about living a healthy lifestyle through her blog and showcasing her recipes.

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