

Vegan pate

This is a spiced vegan pate- a really nice way to start a dinner or just as a snack.

This is Low FODMAP and can be prepared in advance and refrigerated.



Ingredients

Serves 4-5

- 100g pecan nuts
- ½ preserved lemon
- 1tsp of Moroccan spice
- 1 tsp of oil
- 4-5 sage leave
- 150g roasted peppers
- 100g gluten free breadcrumbs
- Season to taste

Method

Cover the pecan nuts with boiling water and leave to soak for a few hours till soft.

Add the oil to a pan and fry the spice a little to release the flavour.

Then add all the ingredients to a food processor and blend well.

Serve with toasted gluten free bread