

## Low Fat Vegetarian Pâté

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(Serves 4)

### **Ingredients: -**

1-large aubergine

100g/4oz - button mushrooms (chopped)

15ml/1 tbsp - dried coriander

10ml/2 tsp - lemon juice

2 - tomatoes, skinned, seeded and chopped

50ml/4 tbsp - wholemeal breadcrumbs

15ml/1 tbsp - olive oil

2 - cloves garlic, crushed

1.25ml/¼ tsp - ground nutmeg

Pepper to taste

### **Method: -**

Pierce the aubergine with a fork and place under a preheated grill.

Cook until the skin starts to split and the flesh is soft.

Turn 3 or 4 times to cook on all sides.

Place the olive oil, garlic and mushrooms in a saucepan and cook for



3 minutes.

Drain off any excess liquid.

Add the nutmeg, pepper, lemon juice, coriander and blend together.

Scoop out the flesh from the aubergine and place in a sieve and press lightly with a spoon to remove excess liquid.

Blitz the aubergine, tomato and the mushroom mixture until smooth.

Mix in the breadcrumbs - place in a bowl and cover and chill for 1-2 hours.

Serve with wholemeal toast and salad.

Always chose vegetables which look fresh. In general, fruit and vegetables have a higher vitamin content if their colour is dark.

Never add bi-carbonate of soda to vegetables as this destroys vitamin C.

Most meat pâtés are high in fat content but this vegetable pâté is a good alternative to meat and also provides a good supply of fibre.

Extra Virgin olive oil is the best to use, as this is the first pressing of the olives.

This recipe takes about 10 minutes to prepare and about 12 minutes to cook.