



Plant Based
RECIPES

VEGAN STUFFED LOAF
with
*Gouda Smoked
Flavour*



You will need

- 2 cups vegetable textured protein mince
- 2 tsp thyme
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 ½ cup warm water
- 1 cup oats (processed to almost powder)
- 4 tbsp soy sauce
- 4 tbsp ketchup
- 2 tsp mustard
- 2 tsp liquid smoke or 1 tsp smoked paprika
- ½ tsp molasses
- 3 tbsp nutritional yeast
- 4 tbsp cornstarch
- 1 tsp salt
- Black pepper to taste

You will need

For the stuffing

2 tbsp olive oil

150 gr button mushrooms

1 red pepper chopped

1 green pepper chopped

1 onion finely chopped

Salt

Black pepper

4 - 5 slices GreenVie gouda smoked flavour

For the glaze

Olive oil

4 tbsp bbq sauce



Method

- In a bowl add the tvp mince, the thyme, the garlic and onion powder and pour in the warm water. Give it a good stir and let sit for 20 minutes.
- Add all the rest of the ingredients and knead for 3 minutes. Transfer in the fridge for 40 minutes for the flavour to come together and to firm up.
- In a pan over medium heat add the olive oil. Once hot add the onion, the peppers and the mushrooms. Saute until mushrooms are browned and onions golden. Add salt and pepper and stir.



Method

- On a baking sheet add spread the tvp mixture forming a rectangle about 30 x 20 cm and about 1.5 cm thick. Add the slices of GreenVie gouda smoked flavour and in the center spread in one line the mushroom stuffing. Bring on side of the tvp mixture over the filling creating a log. Press it carefully to create your loaf. Carefully transfer to the fridge for 30 minutes.
- Preheat the oven at 180°C. Transfer the loaf on a baking tray. Sprinkle some olive oil on top and bake for 15 minutes. Brush the loaf with BBQ sauce and bake for another 15 minutes. Before serving let it cool for a bit. Enjoy!

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SERVES



PREP TIME



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