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TRICOLOUR PATÉ

Ingredients (serves 4)

Basic ingredients

- 1 cup soaked brazil nuts
- 1 cup soaked almonds
- 2 cups soaked walnuts
- 1 cup nutritional yeast flakes
- 2 tbsp Hermanos Catalán olive oil
- 1 tsp Himalayan salt
- 1 tbsp white miso
- Juice of ½ lime, lemon

Green layer

- 1 tbsp thyme
- 1 tbsp herbes de provence
- 1 small bunch parsley
- 1 small bunch fresh basil

Red layer

- 1 tsp red paprika powder
- ½ cup sun-dried tomatoes

Yellow layer

- 1 tsp turmeric
- 1 tbsp curry powder

Preparation

A simple adornment for the table, with this easy recipe for vegetarian pate

Mix all ingredients in the Magimix until it forms a smooth paste. Add water if necessary, the pate must not be too dry or too wet.

Split the pate into three equal parts.

Add the ingredients for the colours green, yellow and red to each part, individually.

Line a pate terrine with a layer of cling film so that the pate can be removed.

Fill the pate terrine with the three coloured layers of pate.

Leave the pate to set for an hour in the fridge.

Gluten free



Vegetarian



Vegan



Raw food



Have you tried this recipe? Give us your opinion at www.noble-house.tk/en/recipes/raw-food/making-vegetarian-pate