

Rudha Glas

Hebridean Bed & Breakfast

Vegan paté

INGREDIENTS

- 1 small onion, diced
- 3 tbsps dairy-free margarine
- 3 tsps dried marjoram
- 400g tin of kidney beans
- 200g smoked tofu
- salt and pepper
- ½ tsp cumin
- a few sprigs of fresh coriander and flat-leaf parsley, finely chopped



METHOD

1. Melt the margarine in a small saucepan over a low heat and fry the onions until they are glossy, but not brown. Then stir in the marjoram.
2. Drain the kidney beans and cut the tofu into small pieces. Place the tofu and beans in a high-sided container and mix with a stick blender.
3. Add the fried onions, salt, pepper and cumin to the tofu and beans and blend until you get the consistency you prefer (you can choose to make your paté as smooth or as coarse as you like).
4. Fold in the chopped herbs.
5. Store in an airtight jar in the fridge for up to 5 days.

SERVE

The paté can be eaten on bread, toast or (a Scottish favourite) oatcakes. Enjoy!