



## Henderson's Vegetarian Haggis

Try out our famous vegetarian Haggis at home, original and unchanged recipe!

### PREPARATION:

15 minutes  
+ soak pulses (kidney beans overnight, lentils 2-3 hours)

### COOK:

35 minutes + 30-35 minutes to boil kidney beans

### SERVES: 4

Suitable for VEGANS



### METHOD

Prepare vegetables & pulses in advance:

Soak the kidney beans overnight then cook for 30-35 minutes. Soak the lentils for 2 to 3 hours and the oatmeal for about 1 hour.

Finely chop mushrooms, grate carrots, chop onions & garlic cloves. You can use food processor to speed up progress.

In a frying pan, fry the garlic, onion and seasoning (garam massala, sea salt, tamari/soy sauce & pepper) with a little oil for about 3-5 minutes.

Add brown lentils and grated carrot and simmer on low heat until lentils are soft (around 20 minutes), stirring to prevent sticking. The moisture content of the soaked lentils and carrots should be sufficient, but if not add a small amount of vegetable stock or water. Add mushrooms and cook another 5 minutes before adding cooked kidney beans.

Stir in margarine and more black pepper to taste.

Finally add oatmeal, drained and rinsed, and mix well, the oatmeal should retain its texture.

### INGREDIENTS

- 75g mushrooms
- 75g brown lentils (soaked)
- 50g pinhead oatmeal (soaked)
- 50g red kidney beans (soaked & boiled)
- 25g margarine
- 150g carrots
- 2 garlic cloves
- 1 tsp garam massala
- sea salt
- 150g onions
- 1 tbsp tamari/soya sauce
- 1 tbsp vegetable oil
- ½ tsp ground black pepper

For clapshot:

- 450g potatoes
- 1 medium turnip

Serve with clapshot: boil and mash together potatoes & turnip, add a knob of olive oil and season to taste