

## Gluten-Free Veggie Pâté



*Are you looking for a delicious vegetarian and gluten-free option? Our Veggie pâté is the perfect solution! A flavorful and satisfying spread, rich in plant-based proteins and free from gluten-based ingredients.*

Preparation 10 min

Cooking 50 min

Servings 12

Nutrition Facts (per serving)

Calories 160

Fat 10

Carbohydrates 13

Fibre 3

Protein 5

Sodium 360

### **Ingredients**

- 250 ml (1 cup) sunflower seeds and/or pumpkin seeds)
- 1 small red onion
- 1 carrot, medium
- 1-2 stalk(s) of celery
- 1 small potato or sweet potato
- 2 cloves of garlic

- 125 ml (½ cup) gluten-free flour (gluten version : regular flour or oat flour)
- 125 ml (½ cup or 40g) nutritional yeast
- 60 ml (¼ cup) gluten-free tamari and/or soy sauce and/or Worcestershire sauce
- 45 ml (3 tbsp) olive oil
- 15 ml (1 tbsp) sesame oil (or olive oil)
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) dried basil
- 5 ml (1 tsp) dried parsley
- 5 ml (1 tsp) dried thyme and/or rosemary
- 2.5 ml (½ tsp) turmeric
- Pepper, to taste

## Preparation

1. Preheat the oven to 350°F (180°C). Line a rectangular baking pan with parchment paper. Set aside.
2. Grind sunflower seeds to a powder. Set aside.
3. Finely chop carrot, celery, onion, potato and garlic in a food processor.
4. In a large bowl, mix all ingredients until well combined. Spread the mixture on the bottom of the pan and bake for 45 minutes.
5. When removed from the oven, let cool.
6. Once cooled, cut into large pieces and place in airtight containers in the refrigerator or freeze for later use.

## Notes

Can be kept for 5 days in the refrigerator or 3 months in the freezer.



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