

## Vegan Wellington Recipe

### Ingredients:

- Flax egg – 2 tbsp. ground flax and 5 tbsp. water
- 1 sheet vegan puff pastry, thawed
- 2 tbsp. peanut or avocado oil
- 2 carrots, diced
- 3 stalks celery, diced
- ½ medium onion, diced
- 2 cloves garlic, minced
- 1 tsp. dried thyme
- 1 tsp. ground sage
- 1 tsp. dried rosemary
- 10 oz. mushrooms, finely chopped
- 1.5 tbsp. soy sauce
- 2-3 tbsp. red wine
- 15 oz. can chickpeas, drained well but don't rinse
- ¾ cup unsalted walnuts, ground (measured whole)
- ½ cup panko breadcrumbs, add more if needed
- 2 tbsp. tomato paste
- 1.5 tbsp. vegan Worcestershire sauce
- ½ tsp. salt, add more to taste
- Cracked pepper, to taste
- 1 tbsp. vegan butter, melted



### Instructions:

1. Preheat oven to 400 degrees.
2. Make the flax egg. Combine the ground flax and water in a small bowl. Set aside for 10 min. to let thicken.
3. Prepare your onion, carrots and celery. Add to bowl.
4. Prepare mushrooms. Set aside.

5. Heat oil in a large skillet over medium heat. Add all of the prepared veggies from your bowl. Sauté until softened, about 6-8 minutes.
6. Add thyme, sage and rosemary. Sauté for 1 minute.
7. Add mushrooms and let soften, about 5 – 7 minutes.
8. Add garlic, soy sauce and red wine. Cook for 1 minute.
9. Remove from heat and set aside to cool for 10 minutes.
10. Add chickpeas to a large mixing bowl and mash up just enough to break down whole chickpeas.
11. Add the breadcrumbs, ground up walnuts, flax egg mixture, Worcestershire, tomato paste, salt and pepper. Combine well. Add more seasoning to taste.
12. Mix well and add cooled veggie mixture. Set aside.
13. Unroll puff pastry sheet and use your hands to shape your mixture into a solid log that can fit in the middle of the pastry. Melt vegan butter in a small bowl to brush the tops of folded pastry.
14. Roll up the ends of the pastry and press lightly to seal. You don't want to have too much extra at the ends. If you do, trim before sealing.
15. Place on baking dish or sheet.
16. Using a sharp knife, gently make diagonal slits across the top of the loaf and repeat the other direction to make a criss-cross.
17. Brush the top and sides with the melted butter.
18. Put in the oven for 30-35 minutes until heated throughout and pastry is golden brown.
19. Enjoy!