

# Cob Loaf

RECIPE ADAPTED FROM KID SPOT.

- 1 WHOLEMEAL COB LOAF OR 1 LOAF OF WHOLEMEAL BREAD (NOT SLICED)
- 2-3 CARROTS - HALVED AND CUT INTO STICKS
- 2 TELEGRAPH CUCUMBERS - CUT INTO THIRDS AND THEN CUT INTO STICKS.
- 1 RED CAPSICUM - CUT INTO SLICES

## FILLING

- 7 EGGS
- 1 TABLESPOON OLIVE OIL
- 1 BROWN ONION - FINELY DICED
- 2 LONG BACON RASHERS - FINELY DICED
- 2/3 RICOTTA CHEESE
- 1/2 CUP WHOLE-EGG MAYONNAISE
- 1 TABLESPOON NUTRITIONAL YEAST
- 1 TEASPOON GROUND BLACK PEPPER.
- 2 TABLESPOONS FRESH CHIVES - FINELY CHOPPED OR 2 TABLESPOONS MIXED DRIED HERBS
- JUICE AND RIND FROM 1 LEMON
- 250G FROZEN SPINACH - THAWED

## COB BUNNY (OPTIONAL)

- EARS: 2 HOT DOG BUNS (PREFERABLY WHOLEMEAL OR MULTGRAIN)
- EYES: 1 HARD BOILED EGG (HALVED) & 1 BLACK OLIVE (HALVED)
- NOSE CHIVES & 1 BLACK OLIVE

- PREHEAT OVEN TO 180 DEGREES AND LINE A BAKING TRAY WITH BAKING PAPER OR FOIL.
- PLACE EGGS IN A MEDIUM SAUCEPAN AND COVER WITH COLD WATER. BRING TO BOIL ON HIGH HEAT AND THEN REDUCE TO SIMMER FOR 5 MINUTES.
- DRAIN AND ALLOW TO COOL.
- PEEL EGG. CUT INTO CHUNKS THEN MASH IN A BOWL WITH A FORK.
- HEAT OIL OVER MEDIUM HEAT IN THE SAME SAUCEPAN AS USED TO BOIL THE EGGS. ADD ONION AND BACON. COOK FOR 10 MINUTES. ADD TO EGG MIX.
- ADD RICOTTA, NUTRITIONAL YEAST, MAYONNAISE, CHIVES OR DRIED HERBS AND LEMON.
- SQUEEZE WATER FROM SPINACH AND DISCARD. STIR INTO EGG MIXTURE WITH OTHER INGREDIENTS.
- TRIM THE TOP OFF THE LOAF. TEAR OUT 3/4 OF THE SOFT FILLING.
- PLACE THE HOLLOWED LOAF AND THE TORN BREAD ON THE BAKING TRAY. BAKE FOR 20 MINUTES.
- REMOVE FROM THE OVEN AND SCOOP EGG FILLING INTO THE MIDDLE.
- SERVE WITH BREAD AND VEGETABLES SURROUNDING IN, OR POSITION OTHER INGREDIENTS IN A BUNNY SHAPE.

## NOTES

- A COB LOAF CAN BE A MORE EXPENSIVE ITEM AND SHOULD BE RESERVED FOR SPECIAL OCCASIONS. AS A CHEAPER OPTION YOU CAN BUY A LOAF OF WHOLEMEAL BREAD FROM BAKER'S SUCH AS "BAKER'S DELIGHT" WHICH HAS NOT BEEN SLICED.
- THIS RECIPE WILL WORK WITH ANY TYPE OF BACON. REGULAR PORK BACON, HALAL BACON, TURKEY BACON ETC.
- IF YOU HAVE THE ABOVE INGREDIENTS BUT NOT QUITE IN LARGE ENOUGH QUANTITIES, YOU CAN EXTEND THE FILLING BY ADDING MASHED POTATO OR CANNELLINI BEANS.

## NUTRITION INFORMATION

### HEALTH BENEFITS OF EGGS

- THE MOST COMPLETE SOURCE OF NUTRIENTS IN ONE INGREDIENTS, WITH THE EXCEPTION OF DIETARY FIBRE. DUE TO THEIR QUALITY PROTEIN CONTENT THEY SUPPORT THE GROWTH, DEVELOPMENT AND REPAIR OF MUSCLES. EGGS ARE A GREAT SOURCE OF VITAMIN B12 CRUCIAL FOR ENERGY PRODUCTION.

### HEALTH BENEFITS OF BACON

- BACON PROVIDES A SOURCE OF HEALTHY FAT WHICH AGAIN PROMOTES SATIETY. IT ALSO PROVIDES THE SALT FLAVOURING TO A DISH. BE MINDFUL OF YOUR SALT INTAKE AND THEREFORE SODIUM LEVELS. WHEN USING BACON DO NOT ADD SALT TO YOUR DISH.

### HEALTH BENEFITS OF NUTRITIONAL YEAST

- NUTRITIONAL YEAST PROVIDES A CHEESE FLAVOUR WITHOUT THE NEGATIVE IMPACT OF CHEESE TO CERTAIN MEDICAL CONDITIONS. IT IS A QUALITY SOURCE OF B GROUP VITAMINS AND DIETARY FIBRE.

### SOURCES OF VITAMIN C & IRON

- VITAMIN C AND IRON ARE COMPLEMENTARY NUTRIENTS THAT LIE TO BE ABSORBED TOGETHER. ONION, LEMON, SPINACH AND CAPSICUM ARE GREAT SOURCES OF VITAMIN C. SPINACH ALSO CONTAINS NON-HEME IRON AS ARE EGGS. CONSUMED TOGETHER

