

# Vegan Mushroom and Walnut Pate

Source: Sam Turnbull • It Doesn't Taste Like Chicken, Better Vegan

Category: Vegan Appetizers

Prep Time: 10 min Cook time: 20 min Total Time: 30 min

Serves 6 to 8



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## Ingredients:

- 1 cup walnuts, lightly toasted
- 1 Tbsp. coconut oil
- 1 yellow onion, chopped
- 6 cloves garlic, minced
- 1 box baby bella mushrooms, sliced (about 2 cups)
- 1/2 cup parsley, chopped
- 1 Tbsp. fresh rosemary, chopped
- 1/2 tsp. pink Himalayan salt
- 1/4 tsp. pepper

Recipe Link:

<https://www.betterveganrecipes.com/vegan-mushroom-and-walnut-pate>

## Instructions:

1. Prepare the ingredients.
2. Heat 1 Tbsp. coconut oil in a medium size pan over medium heat.
3. Add the onions and sauté until the onions soften and turn translucent about 4 minutes. Add garlic and sauté until fragrant, about 1 minute. Add in all the remaining ingredients, the mushrooms, parsley, rosemary, salt, and pepper and sauté until the mushrooms have cooked and reduced in size, another 5 - 8 minutes. If the mushrooms are sticking to the pan you can add a small splash of water to help release them. As the mushrooms cook they will release their own liquid.
4. If your food processor can handle hot food, add the mushrooms to the food processor along with the walnuts. If not, just let the mushrooms and walnuts cool first. Pulse, stopping to scrape the sides as needed until you reach a pâté texture. I like to leave mine with a bit of texture and color variation. Press into a container for serving using a spatula to smooth it, and let it chill completely in the fridge before serving.

## Notes:

Store in an airtight container in a fridge.

## Equipment needed:

Food processor

Serving suggestion:

Serve with [Better Vegan Grain-Free Gluten-Free Bread](#) and cornichons or as a side to green salad.