



This is kind of like a savoury version of the [Apple Banana Cake](#) . When I first made it I used one of these prepared spice mixes that had dried red onion, coriander, chili flakes, salt and pepper. I haven't seen it since but either use the spices below or experiment with your own special mix.

This works quite well with a salad as a nice light summer meal or with roast potatoes and veg for a more substantial meal.



The way I make Savoury Cake is Ingredients

Serves 4

- 4 tomatoes, quartered
- 1 courgette, sliced into 1 cm/ 1/2 in slices
- 2 portobello mushrooms, chopped quartered
- 1 mild onion, chopped roughly
- pinch of rosemary
- 100 g/3.5 oz ground almonds
- 100 ml soya milk
- 1 large egg
- pinch of ground coriander
- 1 red onion grated
- 2 garlic cloves, crushed
- pinch of freshly grated nutmeg
- pinch of chili pepper (optional)
- salt & black pepper

Instructions

1. Preheat the oven to 200° C/400° F/Gas Mark 6.
2. Heat some olive oil in a flameproof oven dish (or frying pan), add the onions and fry on a medium heat for 5 minutes.
3. Add the courgettes and mushroom and cover the pan and reduce the heat, cook for a further 3 - 5 minutes.
4. Add the tomatoes and gently stir around. Sprinkle over the rosemary and a little salt.
5. Place the ground almonds, spices, egg, garlic, grated red onion, salt and pepper in a large bowl and whisk together. Whisk in the soya milk.
6. If you fried the vegetables in a frying pan, grease a baking tin with some olive oil and add the vegetables to this. Spoon the cake-mix over the vegetables and grate a little nutmeg on top. If the pan you fried the vegetables in is ovenproof simply spoon the mixture over this.
7. Bake in the oven for 20 minutes, until the top is golden brown.