



UCCOOK

Vegan Sweet Potato Moussaka

with a green salad & dried pomegranate gems

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	469kJ	3141kJ
Energy	112kcal	751kcal
Protein	5.5g	36.6g
Carbs	19g	125g
of which sugars	4.4g	29.5g
Fibre	4.8g	32g
Fat	1.3g	8.7g
of which saturated	0.1g	0.7g
Sodium	184mg	1233mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Allium

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato <i>rinse, peel (optional) & cut into thin rounds</i>
10g	20g	Almonds
10ml	20ml	NOMU Moroccan Rub
1	1	Garlic Clove <i>peel & grate</i>
5ml	10ml	Vegetable Stock
100ml	200ml	Tomato Passata
120g	240g	Tinned Lentils <i>drain & rinse</i>
40ml	80ml	Cake Flour
125ml	250ml	ButtaNutt Almond Milk
15ml	30ml	Nutritional Yeast
20g	40g	Green Leaves <i>rinse</i>
15g	30g	Dried Pomegranate Gems

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Sugar/Sweetener/Honey
Butter or Butter Alternative (optional)

1. ROAST SWEET POT Preheat the oven to 220°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the oven until soft and turning golden, 15-20 minutes (shifting halfway).

2. TOASTY ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. TOMATO HEAVEN Return the pan to medium-high heat with a drizzle of oil. Fry the NOMU rub and the garlic until fragrant, 30 - 60 seconds (shifting constantly). Stir in the stock, the tomato passata, the lentils, a sweetener (to taste) and 150ml [300ml] of water. Simmer until slightly reduced and thickened, 12-15 minutes. If the sauce reduces too quickly, lower the heat and add a splash of water.

4. VEGAN BÉCHAMEL Place a small pot over medium heat with 30ml [60ml] of oil, butter alternative, or coconut oil. When hot, vigorously whisk in the flour to form the roux. Cook out, 1-2 minutes (stirring constantly). Slowly whisk in the almond milk and ½ the nutritional yeast, stirring constantly until thickened slightly. If the béchamel is too thick for your liking, add an extra splash of water or milk. Season and remove from the heat.

5. MOUSSAKA MAGIC When the sauces and sweet potato are done, pour a thin layer of the lentil-tomato sauce into an ovenproof dish. Top with a layer of the sweet potato rounds. Dollop over some of the béchamel sauce (to taste) and spread it out evenly. Repeat the layers until everything is finished. Sprinkle the top layer with the remaining nutritional yeast and seasoning. Turn the oven on to grill or the highest setting and grill until golden, 5-8 minutes. In a salad bowl, toss the green leaves with a drizzle of oil and seasoning.

6. GREEK FEAST! Plate up a hearty portion of the moussaka. Side with the dressed green leaves. Sprinkle over the toasted almonds and the dried pomegranate gems. Opa, Chef!