



UCCOOK

Vegan Sweet Potato Moussaka

with a green salad & dried pomegranate gems

Hands-on Time: 55 minutes

Overall Time: 65 minutes

Veggie: Serves 3 & 4

Chef: Ella Nasser

Wine Pairing: Ntirída | Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	468kj	3158kj
Energy	112kcal	755kcal
Protein	5.4g	36.7g
Carbs	19g	126g
of which sugars	4.5g	30.2g
Fibre	4.8g	32.2g
Fat	1.3g	8.7g
of which saturated	0.1g	0.7g
Sodium	183mg	1233mg

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

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Sweet Potato <i>rinse, peel (optional) & cut into thin rounds</i>
30g	40g	Almonds
30ml	40ml	NOMU Moroccan Rub
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	Vegetable Stock
300ml	400ml	Tomato Passata
360g	480g	Tinned Lentils <i>drain & rinse</i>
125ml	160ml	Cake Flour
375ml	500ml	ButtaNutt Almond Milk
45ml	60ml	Nutritional Yeast
60g	80g	Green Leaves <i>rinse</i>
60g	80g	Dried Pomegranate Gems

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Butter Alternative (optional)
Seasoning (salt & pepper)

1. ROAST SWEET POT Preheat the oven to 220°C. Spread the sweet potato rounds on a roasting tray. Coat in oil and season. Roast in the oven until soft and turning golden, 20-25 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 450ml [600ml] of water. Simmer until slightly reduced and thickened, 15-20 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 90ml [120ml] 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!