



UCOOK

Vegan Potato Moussaka

with a green salad & dried pomegranate gems

There's no denying that many great things came out of Greece, including the magical moussaka! This veggie version is packed with potato rounds, a quick bechamel sauce and nutritional yeast. It really can't get any better than this!

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 2 People

Chef: Ella Nasser

Veggie

Deetlefs Wine Estate | Deetlefs Stonecross
Pinotage Rosé

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

400g	Potato <i>rinse & cut into thin rounds</i>
20g	Almonds
20ml	NOMU Moroccan Rub
1	Garlic Clove <i>peel & grate</i>
10ml	Vegetable Stock
200ml	Tomato Passata
240g	Tinned Lentils <i>drain & rinse</i>
80ml	Cake Flour
250ml	Almond Milk
30ml	Nutritional Yeast
40g	Green Leaves <i>rinse</i>
20g	Dried Pomegranate Gems

From Your Kitchen

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

1. ROAST SPUDS Preheat the oven to 220°C. Spread the potato rounds on a roasting tray. Coat in oil and season. Roast in the hot 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. When hot, fry the NOMU rub and the grated garlic until fragrant, 1-2 minutes (shifting constantly). Stir in the stock, the tomato passata, the drained lentils, a sweetener (to taste), and 300ml of water. Simmer until slightly reduced and thickened, 12-15 minutes. Loosen with a splash of water if it's too thick.

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

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

Nutritional Information

Per 100g

Energy	479kJ
Energy	115kcal
Protein	6.3g
Carbs	19g
of which sugars	2.6g
Fibre	5.1g
Fat	1.4g
of which saturated	0.1g
Sodium	178mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat
Within
4 Days