

Vegan MOUSSAKA



Yield: 6



Cuisine: Vegan, Gluten Free

INGREDIENTS

1 batch mashed cauliflower (Recipe below)

1 batch Tempeh Sauce (Recipe below)

6 cloves garlic

1 eggplant, cut into small cubes

1 batch vegan Parmesan (Recipe below)

salt, pepper to taste

INSTRUCTIONS

First prepare the cauliflower mash according the directions. While you're preparing the cauliflower for this, make the Tempeh Sauce. Follow the instructions but also add the eggplant and garlic to that pan.

In casserole dish, start with some cauliflower mash at the bottom. Follow up with a layer of Tempeh Sauce, sprinkle some vegan Parmesan on it. Repeat this until the last layer, which should be mashed cauliflower. Finish with some vegan Parmesan, and bake @ 210°F for 20Min.

Mashed Cauliflower:

3/4 cup coconut milk

1/2 cup nutritional yeast

1 cauliflower

salt, pepper

INSTRUCTIONS

Cook cauliflower florets in a steamer in the microwave for around 8 minutes. Or just cook them on the stove, which might take a bit longer. When the cauliflower is done, put it into a bowl of a blender or food processor, add coconut milk, nutritional yeast, season with salt and pepper. Then blend until really creamy and smooth. Don't worry if you don't own a blender or food processor you can do it with a potato smasher.

Tempeh Sauce:

1 14 oz (400 ml) can tomato

14 oz (400 g) tempeh

1 red onion

1/4 cup tomato paste

3 cloves garlic

1 Tbs red wine vinegar

salt, pepper to taste

Peel and dice the red onion. Heat 1 Tbs of olive oil in a pan, add onions, eggplant and garlic. Cook for a couple of minutes until golden.

Add the crumbled tempeh, 3 cloves of garlic and cook for 2-3 minutes.

Add tomato paste and vinegar and mix well. Then combine with the tomato and season with salt and pepper.

Vegan Parmesan:

1/2 cup (65 g) cashews, 2 Tbs nutritional yeast. pinch of salt (optional) Process into parmesan cheese.