Layered vegetable bake (vegan)

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Ingredients (serves 2, easily doubled)

- 2 tsp coconut oil
- 1 zucchini, sliced finely, lengthways with a mandoline
- 1 medium eggplant, sliced as above
- 1 medium sweet potato, sliced as above
- 5 large tomatoes, diced
- 1 cup water
- ½ cup fresh basil
- 1 clove garlic, minced
- Pinch coconut sugar
- Pinch salt and fresh pepper
- Vegan cheese of choice

METHOD

Pre-heat oven to 180ºC. Line a terrine dish with baking paper.

Sprinkle the zucchini and eggplant with salt and leave to sit for 15 minutes – this will soften them.

Rinse well then heat a non-stick pan.

Using the coconut oil, cook the sliced vegetables in small batches for about three minutes on each side or until soft.

Set aside and drain on paper towel.

In a blender or food processor, pureé the tomatoes, water, basil, garlic, sugar and salt/pepper to taste.

Spoon a small amount of sauce in the bottom of the dish and layer the eggplant, sweet potato and zucchini.

Cover with sauce and repeat. Do this until the vegetables and sauce have been used, then top with vegan cheese, if using.

Bake for 30 to 45 minutes or until the vegies are nice and soft, and the cheese is melted.

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Recipe from Adele at Vegie Head.

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