Vegan Sweet Potato Moussaka with Smoked Eggplant
By Lauren Vermue Organic and Vegetarian Catering

Serves 4    Prep Time: 1 hr    Cook Time: 35 min

Ingredients
- 4 sweet potatoes
- 4 eggplants
- olive oil
- 1 tbsp smoked paprika
  (or more if you like the smoky taste)
- black pepper and salt to taste

Bechamel sauce
- 3 tbsp olive oil
- 4 tbsp of flour (buckwheat for a gluten free version)
- 500ml of rice/soy/oat/almond milk
- 1 tsp vegetable stock
- 1 tsp nutmeg
- black pepper and salt to taste

Lentil sauce
- 250 grams of Du Puy lentils
  (or green lentils)
- 600ml water
- 1 onion cut in small pieces
- 2 cloves of garlic diced in small pieces
- 1 can of diced tomatoes (400 grams)
- 2 tsp tomato paste
- 1 tbsp of thyme
- 1 tsp cinnamon
- olive oil

Method
1. Start with dicing the garlic and onion, fry for a few minutes until light brown and add the tomato paste, thyme and cinnamon. Once it starts to dry up add the can of tomatoes, water and the lentils and let it cook softly for about 30-40 minutes until the sauce starts to thicken and the lentils are getting soft. Add some salt or pepper to your own taste.
2. Preheat the oven and start cutting the eggplant very thinly lengthwise. Now lightly brush the eggplant with olive oil and add some salt/black pepper and smoked paprika. I normally also use smoked salt and liquid smoke but just smoked paprika will do as well. Once done add to the oven and wait until it’s light brown on both sides.
3. In the meantime start slicing the sweet potatoes in thin slices and put them in a bowl of water until you start using them.
4. Set the oven to 180 degrees and start making the béchamel sauce. Do this by adding the olive oil to a saucepan and once it starts to heat up, add the flour. Keep stirring and once it starts to thicken add a part of the milk and stir until it thickens again. Repeat until you’ve used all the milk, now put the gas on low and add the vegetable stock and nutmeg and stir until both of them have dissolved in the sauce. Turn off the fire.
5. Now get a reasonably large oven tray and start filling it up. Start by laying one third of the eggplant on the bottom and next fill it with half of the sweet potatoes, now add half of the lentil sauce on top. Repeat this with one third of the eggplant, the rest of the sweet potatoes and the rest of the lentil sauce. Now add the rest of the eggplant and finish it off with the béchamel sauce. Add a bit of smoked paprika on top and bake it in the oven for 30-40 minutes until the sweet potatoes are well cooked. You can test this by sticking a sharp knife in the casserole.
6. Once it’s done let it cool down for about 15 minutes or start right away if you’re hungry (but this could be hot!). Serve with some sprouts, rocket or other any other sort of lettuce.