

Courgette and Cavolo Nero Potato Bake

A versatile recipe that will accommodate any vegetables with the potatoes. I used cavolo nero and a round courgette but these can be substituted with normal courgettes and spinach or chard, or even add beans if desired.

Ingredients

4 Potatoes – Colleen or Russet
1 Large Round Courgette
1 Tbsp Corn Flour
200g Cavolo Nero – Washed and drained
2 Tbsp Vegan Butter
2 Tbsp Plain Flour
300g Plant Milk – I use MOMA Oat Barista Edition
2 tsp Mustard Powder
2 tsp Paprika
3 Tbsp Nutritional Yeast
1 tsp Black Pepper
Salt to taste
100g Vegan Cheese – I use Mild Cheddar Sheese



Method:

Peel, wash and slice the potatoes into 7mm thick slices and add them to a pot of cold salted water.

Place the pot on the stove and bring to the boil and once boiling, cook for 9 minutes until tender and set aside.

Heat a frying pan on medium high with a little neutral tasting oil.

Peel and slice the courgette into 5mm thick round slices.

Add these to a bowl with the corn flour until coated and then fry till golden and set aside.

Shred the cavolo nero paying attention to the stalks to get them as fine as possible and set aside.

Heat the oven to 180C Fan.

Add the butter to a saucepan on medium heat and when melted, add the flour, stir and then cook for 5 minutes.

Slowly add the milk, stirring continuously to avoid getting lumps.

Add the mustard, paprika, pepper and stir to combine and when smooth, stir in the nutritional yeast.

Stir the sauce until it thickens and resembles a thick custard, season with salt, then set aside.

In a large pie or baking dish, add a layer of potatoes, then a layer of cavolo nero and cover with some sauce.



Then add a layer of courgettes, potato, cavolo nero, sauce and repeat until you have a layer of potato and courgette on the top.

Add the cheese to the top making sure to cover all the exposed potato and courgettes, sprinkle with a little paprika and bake for 45 minutes.