



### **ALLERGIES:**

No grains  
No dairy  
No eggs  
No gluten  
No nuts

**Prep time:** 15 mins

**Cook time:** 85-90 mins

**Serves:** 4-6

### **INGREDIENTS**

- 500g potatoes, thinly sliced
- 2 parsnips, thinly sliced
- 1 onion, thinly sliced
- $\frac{3}{4}$  cup water
- 1 tbsp crushed garlic
- 2 tbsp olive oil
- 1 cup plain coconut yoghurt
- pink rock salt
- coarsely ground black pepper
- 1 cup vegan grated mozzarella

### **METHOD**

- Preheat oven to 180°C.
- Grease the base of a 20cm casserole dish.
- Layer 1/3 potatoes, 1/3 parsnips and 1/3 onions into dish.
- Sprinkle with a little 'cheese', oil, salt and pepper, (keep half cheese for topping)
- Repeat with two more layers of each.
- Combine garlic, water and yoghurt and pour over vegetables.
- Sprinkle remaining cheese over the top and bake in oven with lid on for 45 minutes.
- Remove lid and bake a further 30-40 minutes until browning.
- Serve hot.

## **PARSNIP AND POTATO BAKE**

