



POTATO AND VEGETABLE BAKE

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 45 mins

Serves: 6

INGREDIENTS

- ¼ cup olive oil
- 1 large sweet potato
- 4 medium white potatoes
- 1 large onion
- 1 large red capsicum
- 1 tsp pink rock salt
- ½ tsp fresh black pepper
- 2 cups vegan grated cheese
- 1 cup almond milk, or other milk mixed with
- 1 tbsp seed mustard (optional)
- 2 cloves crushed garlic



METHOD

- Preheat oven to 160°C.
- Thinly slice all potatoes, and dice onion and capsicum.
- In frying pan, heat oil and add onion, capsicum, garlic, salt and pepper.
- Fry while stirring until well cooked.
- On the base of a 25cm baking dish, lay half the sliced white potatoes.
- Cover that with half the fried mixture, then ½ cup cheese and ¼ cup milk.
- Spread sweet potato slices over that, and repeat with the same .
- Lay the rest of the white potato slices on top, sprinkle remaining milk over the top, and cover with last cup of grated cheese.
- Bake in oven for 45 minutes, or until browning on top and cooked through.