



# Greek vegan pastitsio with cherry tomatoes

30'  
Hands on

60'  
Cook Time

6-8  
Portion(s)

1  
Difficulty



## Ingredients

### For the sauce

- 4 tablespoon(s) olive oil
- 2 onions, finely chopped
- 4 clove(s) of garlic, minced
- 1 red bell pepper
- 1 green bell pepper
- 2-3 eggplants
- 2-3 zucchinis
- 1 vegetable bouillon cube
- 1 teaspoon(s) thyme, dry
- 1 teaspoon(s) oregano, dry
- pepper
- 15-20 cherry tomatoes, cut in half
- 500 g macaroni
- salt

### For the béchamel sauce

- 5 tablespoon(s) olive oil
- 100 g all-purpose flour
- 1 vegetable bouillon cube
- 1 liter soy milk
- salt
- pepper
- 1 pinch nutmeg
- 1/2 teaspoon(s) coriander, dry, optional
- olive oil, for the baking pan
- 30 g dry breadcrumbs

## Method

Photo credit: G. Drakopoulos - Food Styling: T. Webb

- In a **pot**, sauté the onions along with the garlic over high heat, for 2-3 minutes.
- Add the eggplants, peppers and the zucchini last.
- Add a bouillon cube, aromatics and the cherry tomatoes. Sauté until the vegetables have softened.
- Fill a separate pot with water and add a generous amount of salt. Bring to a boil and add the pasta. Boil 2 minutes less than the instructions on the box.
- Strain and set aside.
- Add the pasta to the pot with the vegetables and toss.

### For the béchamel sauce

- Heat the olive oil with the flour in a pot, over medium heat. Add the bouillon cube. Stir continuously until mixture is pale golden.
- Add the soy milk a little at a time, mixing continuously with a hand whisk so that no lumps of flour form.
- When it starts to thicken, be very careful that it doesn't start to burn on the bottom of the pot.
- Remove from heat. Add salt, pepper, nutmeg and coriander. Choose according to your taste.
- Preheat oven to 180\* C (350\* F) Fan.
- Combine 1/3 of the béchamel sauce with the pasta mixture.
- Brush some olive oil to the bottom of a **baking pan**. Add the pasta mixture. Pour the remaining béchamel sauce on top.
- Sprinkle with some olive oil and breadcrumbs.
- Bake in the oven for 35-40 minutes.

## Διατροφικός πίνακας

### Nutrition information per portion

541 Calories (kcal)	20.0 Total Fat (g)	3.3 Saturated Fat (g)	67.0 Total Carbs (g)
27%	29%	17%	26%
12.0 Sugars (g)	17.0 Protein (g)	10.0 Fibre (g)	1.0 Sodium (g)
13%	34%	40%	17%