



# Greek vegan pastitsio (baked pasta)

25'  
Hands on

40'  
Cook Time

8-10  
Portion(s)

2  
Difficulty



## Method

### For the sauce

- Place a [frying pan](#) over high heat and add the olive oil.
- Cut the eggplant into 1 cm cubes and add them to the pan. Sauté for 1-2 minutes.
- Finely chop the onion, add it to the pan, and sauté for 1-2 minutes.
- [Cut](#) the zucchinis and the peppers into small cubes, and add them to the pan. Sauté for 4-5 minutes, until the vegetables are ready.
- Add salt, pepper, the oregano, the thyme, the chili flakes, the sugar, the tomato paste, and sauté.
- Deglaze the pan with the wine, add the canned tomatoes, and simmer at medium-low heat for 10 minutes. Remove and set aside.
- At the same time, in a pot with boiling water, add salt along with the macaroni, and boil for 10 minutes.
- Drain and transfer to the pan with the vegetables. Mix and set aside.

### For the bechamel sauce

- Place a [pot](#) over medium heat. Add the olive oil, the flour, and mix well until all of the flour is absorbed.
- Add the soy milk in 7-8 batches, stirring constantly with a hand whisk.
- Season with salt and pepper, and as soon as it thickens and comes to a boil, remove from the heat.

### To assemble

- Preheat the oven to 180° C (350° F) set to fan.
- Add 100 g of the bechamel into the pasta mixture, add oregano, mint, and mix well.
- Grease a 40 cm ovenproof baking dish with 1 tablespoon olive oil and sprinkle half of the breadcrumbs.
- Add the pasta mixture, spread the bechamel sauce, and sprinkle with the remaining breadcrumbs, 1 tablespoon olive oil, thyme, and pepper.
- Bake for 25-30 minutes. Remove and let it cool.
- Serve with mint and oregano.

## Ingredients

### For the sauce

- 2 eggplants
- 4-6 tablespoon(s) olive oil
- 1 onion
- 1 clove(s) of garlic
- 2 zucchinis
- 1 red bell pepper
- 1 green bell pepper
- salt
- pepper
- 1 teaspoon(s) oregano
- 1 tablespoon(s) thyme
- 1 teaspoon(s) chili flakes
- 1 tablespoon(s) granulated sugar
- 1 tablespoon(s) tomato paste
- 50 g white wine
- 400 g canned tomatoes
- 500 g macaroni

### For the bechamel sauce

- 80 g olive oil
- 80 g all-purpose flour
- 800 g soy milk
- salt
- pepper

### To assemble

- 1 teaspoon(s) oregano
- 1 tablespoon(s) mint
- 2 tablespoon(s) olive oil
- 50 g dry breadcrumbs
- 1 tablespoon(s) thyme
- pepper

### To serve

- mint
- oregano

## Διατροφικός πίνακας

### Nutrition information per portion

287 Calories (kcal)	11.0 Total Fat (g)	1.6 Saturated Fat (g)	36.0 Total Carbs (g)
14%	16%	8%	14%
6.2 Sugars (g)	8.3 Protein (g)	4.7 Fibre (g)	0.69 Sodium (g)
7%	17%	19%	12%