



♥ VEGAN ITALIAN MEATLOAF WITH MOZZARELLA

Ingredients:

- 50g stick (or more) GreenVie Mozzarella
- 30g walnuts • 5 pcs mushrooms
- 1 tbsp nutritional yeast • 1 cup rolled oats
- 2 tsp dried thyme • 1 tsp dried oregano
- 1/3 tsp garlic powder • 1/5 of a larger leek
- 2 cup cooked green lentil • 1/2 cup passata
- 1/2 tsp oregano • 1/2 tsp sage
- 1/2 diced eggplant
- olive oil (sauteing)
- salt and pepper to taste
- 1 tsp vegan butter



find how at
veganuary.com





instructions

Add walnuts and mushrooms to the blender and give it a quick mix and put them into a larger bowl.

Add in lentils, nutritional yeast, oats, thyme, oregano and garlic.

Saute chopped leeks, eggplant, half of the passata, sage and some oregano.

Sauté on olive oil until soft.

Add the sauce to the rest of the ingredients.

Add salt and pepper. Stir well.



instructions

Put half of the mixture to the blender and blend until creamy.

Mix everything together by hand.

Grease the baking pan with vegan butter and pour in the mixture. Don't forget to put the cheeze stick to the middle.

Bake at 180 °C for around 40 min.

To garnish pour over the rest of the passata.

enjoy! 



— TRY —
VEGAN
this January





