



Plant Based
RECIPES

Vegan Moussaka
with *Parveggio*
& *Mozzarella*



You will need

For the Vegetables:

5 potatoes
2 eggplants

For the Soy Mince:

100g soy mince
1 white onion
2 carrots
1 garlic clove
50ml white wine
70ml olive oil
2 tsp tomato paste
300ml tomato sauce
100ml water
Salt
Freshly ground black pepper
1 tsp oregano
1 tbsp white sugar

For Marinating the Soy Mince:

Salt
Pepper
Smoked paprika
Oregano
Garlic powder

For the Béchamel Sauce:

70g margarine
70g all-purpose flour
500ml soy milk
Salt
White pepper
A pinch of nutmeg
100g grated mozzarella
(plant-based if vegan)
70g grated parmesan
(plant-based if vegan)



Method

1. Prepare the Vegetables:

Peel and slice the potatoes and eggplants. Fry them in vegetable oil until golden or bake them in the oven at 190°C (374°F) for about 30 minutes.

2. Prepare the Soy Mince

Soak the soy mince in water, then drain it very well. Marinate with salt, pepper, smoked paprika, oregano, and garlic powder. In a pan with olive oil, sauté the soy mince until nicely browned. Remove it from the pan and set aside. In the same pan, add a bit more olive oil and sauté the finely chopped onion. Add the garlic, then stir in the tomato paste and cook for a minute. Deglaze with white wine and let the alcohol evaporate. Add the tomato sauce, soy mince, water, salt, black pepper, sugar, and oregano. Stir everything together, lower the heat, and simmer for 15 minutes, stirring occasionally.

3. Prepare the Béchamel Sauce

In a small saucepan over medium heat, melt the margarine. Add the flour and whisk continuously. Gradually add the soy milk in batches, whisking constantly to prevent lumps. Once it starts bubbling, the sauce is ready — it should be smooth and creamy. Remove from heat and add salt, white pepper, nutmeg, grated mozzarella, and parmesan. Stir well until the cheese melts.

4. Assemble the Moussaka

In a baking dish, layer half of the potatoes, then the eggplants. Spread the soy mince mixture on top, then add the remaining potatoes. Pour the béchamel sauce over everything, smoothing it evenly on top.

5. Bake

Preheat the oven to 200°C (392°F) and bake for 30 minutes. Then open the oven, sprinkle extra grated parmesan on top, and bake for another 10 minutes until golden brown.

6. Cool and Serve

Remove from the oven and allow to cool completely before slicing. Cut into portions and serve.



Green Vie
dairy-free
absolutely

PARVEGGIO
grated

WITH COCONUT OIL
B12
ENRICHED

FREE FROM
DAIRY / GLUTEN / SOYA / LACTOSE / PALM OIL

Green Vie
dairy-free
absolutely

GRATED

MOZZARELLA
FLAVOR

FREE FROM
DAIRY / GLUTEN / SOYA / LACTOSE / PALM OIL



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