

# Vegetable Bake with Cauliflower Cheese Sauce

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## Ingredients

2 kg of vegetables chopped into 2 cm cubes

I used;

- potatoes
- sweet potatoes
- fennel (I sliced the fennel)
- purple carrots
- orange carrots
- parsnips

Olive oil

Salt

## For Cauliflower Sauce

½ cup basil leaves

½ cup cashew cheese or ½ cup soaked cashews

(See Fermented Cashew Cheese Recipe

[www.veets.com.au/blog/fermented-cashew-cheese](http://www.veets.com.au/blog/fermented-cashew-cheese))

½ cup soy milk

½ medium cauliflower

1 tbsp nutritional yeast

Salt and white pepper to taste ofu

1 cup cashews

2 tbsp nutritional yeast

Juice of ½ to 1 lemon

## Method

1. Place the vegetables in a baking tray with a generous splash of olive oil and a sprinkling of salt and bake in a 200°C oven for 30 – 45 minutes or until the vegetables are cooked.
2. For the cauliflower sauce steam the cauliflower until it is soft. Then place it in a blender with the milk, cheese, nutritional yeast and salt and pepper and blend until smooth.
3. Place the baked veggies in a bowl and mix with the cauliflower sauce and place in a serving dish that can go in the oven. Bake for 20 minutes until the top of the veggies and sauce have browned.



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