

Vegan Monday: Baked Spaghetti - More Like A Spaghetti Cake!

Ingredients:

Difficulty: Easy

(serves 6-8, baked in a 26cm spring-form pan)

1 can (400 gr) artichoke hearts in brine, drained
1 can or carton (500 gr) tomato sauce (I used one with basil in it)
1 medium size onion, roughly chopped
3 cloves of garlic
1.25 dl (or 1/2 cup) nutritional yeast*
3 tbsp balsamic vinegar
2 tsp dried thyme
1 tsp salt
400 gr spaghetti, cooked according to package instructions
1 zucchini, grated
1 big carrot, grated
a handful of fresh basil, finely chopped
4 tbsp olive oil
1.25 dl (or 1/2 cup) breadcrumbs

vegetable oil or vegan butter to grease the pan

*You can find nutritional yeast in Ruohonjuuri.

Instructions:

1. Preheat the oven to 225C. Grease a 26cm spring-form pan and cover the base with a baking paper.
2. Put the first 8 ingredients in the list above into a food processor and process until you get a sauce with small pieces (but not necessarily very smooth one).
3. Put the cooked spaghetti in a big bowl. Add grated zucchini and carrot and mix well. Don't be shy to get your hands in there if they refuse to get mixed otherwise!
4. Add basil and olive oil and mix again.
5. Add the sauce and mix until everything is coated with it.
6. Add breadcrumbs and mix well again.
7. Pour the mixture into the prepared pan. Smoothen the surface with a spatula. Put it in the oven, in medium rack and bake for about 30-35 minutes, or until the surface starts to get browned and crispy. When it is ready, take out of the oven and let it cool for about 20-30 minutes, then take it out of the pan. Enjoy!