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# Vegan Swiss Chard & Sweet Potato Gratin

## Ingredients

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- 5 tablespoons olive oil
- 450 grams Swiss Chard, stems cut into 1cm , thinly slice leaves
- 60 grams black olives, stones removed
- 2 teaspoons soy sauce
- 2 sun dried tomatoes, chopped
- 2 teaspoons thyme
- 1 tablespoon fresh parsley, chopped
- 400 grams sweet potatoes, sliced
- 100 grams vegan cheese, grated
- salt to season (optional)
- ground black pepper to season

## Instructions

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1. Preheat oven to 190°C/375F/Gas 5
2. Heat 2 tbsp of olive oil in a saucepan and add the chopped chard stalk and ribs. Sitr, then cover and cook over a low heat for approx. 4 minutes, stirring occasionally
3. Add the leaves, and cook for a further 5 minutes. Season with salt and black pepper. Set aside
4. Place the olives, sun-dried tomatoes, soy sauce, thyme, parsley and 2 tbsp of olive oil into a food processor/blender and blend to make a smooth paste
5. Lightly oil a 30cm/12in ovenproof dish. Place a layer of the chard with any cooking juice and a layer of the potatoes into the dish. Spread a little of the olive paste over the chard and potatoes. Continue layering the chard, potatoes and olive paste. Finish with a layer of chard.
6. Sprinkle the vegan cheese on top of the gratin
7. Bake in the oven for about 25-30 minutes until it is brown and bubbling.  
Serve with a tomato or green salad

## Nutrition Facts

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Serving Size **1**

Servings **4**

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### Amount Per Serving

**Calories 353kcal**

	<b>% Daily Value *</b>
<b>Total Fat 24.6g</b>	<b>38%</b>
<b>Saturated Fat 7.6g</b>	<b>38%</b>
<b>Sodium 986.2mg</b>	<b>42%</b>

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<b>Potassium 859mg</b>	<b>25%</b>
<b>Total Carbohydrate 30.4g</b>	<b>11%</b>
<b>Dietary Fiber 8.5g</b>	<b>34%</b>
<b>Sugars 6.4g</b>	
<b>Protein 4.1g</b>	<b>9%</b>

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**Calcium 96.4 mg**

**Iron 3.2 mg**

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Keywords:** Gratin, Sweet Potato, Swiss Chard

**Read it online:** <https://salisburynutrition.co.uk/recipe/vegan-swiss-chard-sweet-potato-gratin/>

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