



Veggie Moussaka

with Lentils and Garlic Ciabatta

Calorie Smart 40-45 Minutes • 4 of your 5 a day • Veggie • Under 650 Calories

23



Garlic Clove



Red Split Lentils



Worcester Sauce



Mixed Herbs



Ground Cinnamon



Red Wine Stock Paste



Finely Chopped Tomatoes with Basil



Aubergine



Creme Fraiche



Grated Hard Italian Style Cheese



Ciabatta

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, saucepan, baking tray and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Red Split Lentils	50g	75g	100g
Worcester Sauce 13)	15g	22g	30g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Ground Cinnamon	1 sachet	1½ sachets	2 sachets
Red Wine Stock Paste 14)	28g	42g	56g
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Aubergine**	1	2	2
Creme Fraiche** 7)	75g	99g	150g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Ciabatta 13)	1	2	2
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	250ml	375ml	500ml
Butter*	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	651g 2495 /596	100g 383 /92
Fat (g)	24.0	3.7
Sat. Fat (g)	14.0	2.2
Carbohydrate (g)	75.2	11.6
Sugars (g)	27.9	4.3
Protein (g)	21.8	3.3
Salt (g)	5.18	0.80

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

7) Milk **8)** Egg **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Garlic Time

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large saucepan on medium-high heat. Once hot, add **half** the **garlic**.

Cook for 30 secs.



Build the Moussaka

When the **tomato lentil sauce** is ready, stir through the **butter** (see pantry for amount) until melted, then transfer to an ovenproof dish. Layer over the **aubergine slices**.

Spread the **creme fraiche** out evenly on top, then sprinkle over the **cheese**. Season with **pepper**.

Halve the **ciabatta**. Spread over the remaining **garlic**, drizzle with **oil** and season with **salt**.



Bring on the Flavour

Add the **red split lentils**, **Worcester sauce**, **mixed herbs**, **ground cinnamon**, **red wine stock paste** and **chopped tomatoes** to the pan.

Stir in the **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then lower the heat to medium-low and simmer until the **lentils** are soft, 25-30 mins.

Stir occasionally to make sure the **lentils** aren't sticking to the bottom of the pan. Add a splash of **water** if it's a little dry.



Get Grilling

Switch your oven to grill on high heat and grill your **moussaka** until the **cheese** is golden and bubbling, 5-6 mins.

Grill the **garlic ciabatta** alongside until golden and toasted, 2-3 mins.



Roast the Aubergine

Meanwhile, trim the **aubergine** and slice into 1cm thick rounds.

Pop the **aubergine rounds** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until soft and golden, 15-20 mins. Turn halfway through.



Finish and Serve

When ready, share the **veggie moussaka** between your bowls.

Serve with the **garlic ciabatta** alongside.

Enjoy!



Weight Watchers