

Veggie Moussaka with Lentils and Garlic Ciabatta



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



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	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	Per serving	Per 100g
for uncooked ingredient	651g	100g
Energy (kJ/kcal)	2495 /596	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.



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.



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.

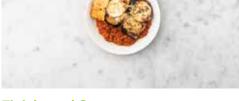
When the oven is hot, roast on the top shelf until soft and golden, 15-20 mins. Turn halfway through.



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.



Finish and Serve

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

Serve with the **garlic ciabatta** alongside.

Enjoy!



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**.

