



# Veggie Moussaka

with Lentils and Garlic Ciabatta

Calorie Smart 40-45 Minutes • 3 of your 5 a day • Veggie • Under 650 Calories

23



Aubergine



Garlic Clove



Dried Oregano



Ground Cinnamon



Red Split Lentils



Worcester Sauce



Vegetable Stock Paste



Finely Chopped Tomatoes with Onion and Garlic



Ciabatta



Creme Fraiche



Grated Hard Italian Style Cheese

**Pantry Items**

Oil, Salt, Pepper, Sugar, Olive Oil

## 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, frying pan, baking tray and ovenproof dish.

## Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	2	2
Garlic Clove**	2	3	3
Dried Oregano	1 sachet	1 sachet	2 sachets
Ground Cinnamon	1 sachet	1 sachet	1 sachet
Red Split Lentils	50g	75g	100g
Worcester Sauce <b>13</b> )	15g	22g	30g
Vegetable Stock Paste <b>10</b> )	10g	15g	20g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Ciabatta <b>13</b> )	1	2	2
Crème Fraîche** <b>7</b> )	75g	99g	150g
Grated Hard Italian Style Cheese** <b>7</b> ) <b>8</b> )	40g	60g	80g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	250ml	375ml	500ml
Olive Oil for the Garlic Bread*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	474g 2523 /603	100g 532 /127
Fat (g)	28.3	6.0
Sat. Fat (g)	12.6	2.7
Carbohydrate (g)	66.4	14.0
Sugars (g)	23.7	5.0
Protein (g)	21.9	4.6
Salt (g)	4.17	0.88

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 **10)** Celery **13)** Cereals containing gluten

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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## 1 Prep the Veg

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

Trim the **aubergine** and slice into thin rounds approximately 1cm thick.

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



## 4 Roast the Aubergine

Meanwhile, pop the **aubergine slices** 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.



## 2 Get Frying

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Add the **oregano**, **ground cinnamon** and **half** the **garlic**. Cook for 1 min.



## 5 Build your Moussaka

Meanwhile, halve the **ciabatta** and lay onto a baking tray, cut-side up.

Spread over the remaining **garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount). Set aside for now.

When the **tomato sauce** is ready, transfer it to an ovenproof dish. Layer over the **aubergine slices**. Dollop on the **crème fraîche**, then spread it out evenly across the top and sprinkle over the **cheese**. Season with **pepper**.



## 3 Simmer your Sauce

Add the **red split lentils**, **Worcester sauce**, **vegetable 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 and simmer until the **lentils** are soft, 20-25 mins.

Stir occasionally to make sure they aren't sticking to the bottom of the pan and add a splash of **water** if it gets too dry.



## 6 Finish and Serve

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

Remove from the grill, then grill the **garlic bread** until golden and toasted, 2-3 mins - if you have room, grill them at the same time as the **moussaka**!

When ready, share the **moussaka** between your bowls and serve with the **garlic bread** alongside.

Enjoy!