



Veggie Moussaka

with Lentils and Garlic Ciabatta

Classic 40-45 Minutes • 4 of your 5 a day • Veggie

19



Aubergine



Garlic Clove



Mixed Herbs



Ground Cinnamon



Red Split Lentils



Worcester Sauce



Vegetable Stock Paste



Finely Chopped Tomatoes



Ciabatta



Creme Fraiche



Grated Hard Italian Style Cheese



Grated Hard Italian Style Cheese

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

CUSTOM RECIPE

If you chose to add or double up on dairy, then just follow the instructions on the back of this card.

Happy cooking!

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
Mixed Herbs	1 sachet	1 sachet	2 sachets
Ground Cinnamon	1 sachet	1½ sachets	2 sachets
Red Split Lentils	50g	75g	100g
Worcester Sauce 13	15g	22g	30g
Vegetable Stock Paste 10	10g	15g	20g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Ciabatta 13	1	2	2
Creme Fraiche** 7	75g	99g	150g
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
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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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	517g	100g	517g	100g
Energy (kJ/kcal)	2485/594	481/115	2485/594	481/115
Fat (g)	28.4	5.5	28.4	5.5
Sat. Fat (g)	12.6	2.4	12.6	2.4
Carbohydrate (g)	64.6	12.5	64.6	12.5
Sugars (g)	22.1	4.3	22.1	4.3
Protein (g)	21.8	4.2	21.8	4.2
Salt (g)	3.11	0.60	3.11	0.60

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

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.

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Prep the Veg

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

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

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



Roast the Aubergine

While the **tomato sauce** cooks, 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.

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.



Build the Flavour

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

Once hot, add the **mixed herbs**, **ground cinnamon** and **half** the **garlic**. Cook for 1 min.



Assemble your Moussaka

When the **tomato sauce** is cooked, spread it over the base of an ovenproof dish. Layer over the **aubergine slices**. Dollop on the **creme fraiche**, then spread it out evenly across the top and sprinkle over the **cheese**. Season with **pepper**.

CUSTOM RECIPE

If you've chosen to double up on **grated hard Italian style cheese**, cook the recipe in the same way.



Simmer your Sauce

Add the **red split lentils**, **Worcester sauce**, **veg 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 the **lentils** aren't sticking to the bottom of the pan. Add a splash of **water** if it's a little dry.



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 ciabatta halves** until golden and toasted, 2-3 mins - if you have room, grill them at the same time as the **moussaka**!

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

Enjoy!