



Open Moussaka

with Lamb Mince and Yoghurt Dressing.



30-40min



2 Portions

Who says that moussaka needs to be rich and heavy? Our take on this classic Greek dish is high on flavour, but low in calories. This fantastic dinner is also low-carb and we only ever send you lean mince, so rest assured, while this dish has all the classic flavours of a moussaka, it's much lighter and will have you feeling brighter!

What we send

- Greek-style yoghurt ⁷
- baby rocket
- lemon
- tahini ¹¹
- chopped tomatoes
- chicken stock powder
- lamb mince
- garlic
- onion
- eggplant

What you'll require

- olive oil
- salt and pepper

Utensils

- baking paper
- Kettle
- medium saucepan
- oven tray

- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Milk (7), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 540.0kcal, Fat 28.9g, Proteins 37.9g, Carbs 25.9g



Preheat oven to 220C. Line an oven tray with baking paper. Trim ends from **eggplant** and slice lengthwise. You need 6-8 slices about 5mm-thick each.



Place the **slices** on the prepared tray and lightly brush with 1 tbs **oil**. Season lightly with **sea salt and pepper**. Roast for 15 mins or until softened and golden.



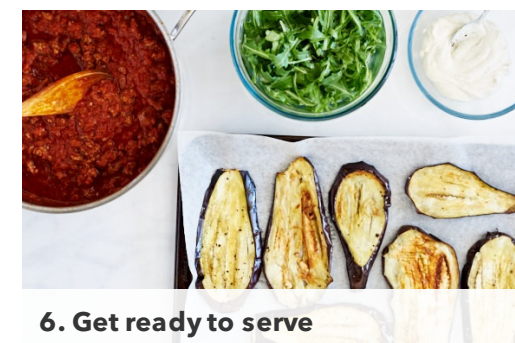
Meanwhile, bring a kettle to the boil. Finely chop the **onion** and **garlic**. Heat 1 tbs **oil** in a medium saucepan over medium heat. Cook the onion and garlic for 5 mins or until softened. Increase the heat to high, add the **mince** and cook, stirring, over high heat for 5 mins or until the lamb mince is browned.



Blend the **chicken stock** with 250ml (1 cup) boiling water and add to the pan with the **chopped tomatoes**. Bring the sauce to the boil and simmer, uncovered, over medium heat for 15 mins or until thickened.



Meanwhile, squeeze 1½ tbs **lemon juice** into a bowl (reserve the rest for another dish) and stir in the **yoghurt** and **tahini** until smooth. Season with **sea salt and pepper** to taste. You may need to add 1-2 tbs of water for a thinner consistency.



Arrange an **eggplant slice** on each plate and spoon over ⅓ of the **lamb**. Top with a second eggplant slice and repeat until all the **sauce** and eggplant is used. Top with the **yoghurt dressing** and serve with **rocket leaves**.