

MARLEY SPOON



Open Lamb Moussaka

with Tahini Yoghurt Sauce



30-40min



2 Portions

Take the fuss out of moussaka with this delicious free-form version. Instead of fiddly layering and a long bake time, we've stacked eggplant with a savoury lamb sauce, then drizzled it with a creamy tahini yoghurt. So it's lighter and quicker to prepare than the original and just as tasty, too.

What we send

- lamb mince
- dried oregano
- eggplant, lemon
- tahini ¹¹
- rocket
- greek yoghurt ⁷
- can crushed tomatoes
- garlic clove
- onion

What you'll require

- extra virgin olive oil
- olive oil
- sea salt and pepper
- water

Utensils

- baking paper
- medium saucepan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

If you prefer a stronger tahini flavour, add more tahini to taste.

Allergens

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

Nutrition per serving

Energy 510kcal, Fat 28.6g, Carbs 22.3g, Proteins 35.8g



1. Prepare eggplant

Preheat the grill to high. Line an oven tray with foil. Trim ends from the **eggplant**, then cut lengthwise into 6-8 slices, about 1cm thick.



2. Grill eggplant

Place the slices on the prepared tray and lightly brush with **1 tbs oil**. Season with **salt and pepper**. Grill for 5-10 mins each side until tender and golden.



3. Start sauce

Meanwhile, finely chop the **onion** and **garlic**. Heat the **remaining 1 tbs oil** in a large deep frypan over medium heat. Cook the onion and garlic for 5 mins or until softened. Increase the heat to high, add the **mince** and cook, breaking up any lumps with a wooden spoon, for 5 mins or until the mince is browned.



4. Finish sauce

Add the **tomatoes** and **half the oregano** (reserve remainder for another use) to the pan and bring to the boil. Reduce heat to medium and simmer, stirring occasionally, for 10 mins or until thickened.



5. Make dressing



Meanwhile, juice the **lemon**. Put **1 1/2 tbs juice** (reserve remainder for another use), the **yoghurt**, **3/4 of the tahini** (see cooking tip) and **1 tbs water** in a bowl and stir to combine. Season with **salt and pepper**.



6. Get ready to serve

Arrange an **eggplant** slice on each plate and spoon over **1/3 of the lamb**. Repeat with 2 more layers of eggplant and mince. Top with the **tahini yoghurt**. Divide the **rocket** among plates and drizzle with a little **olive oil**, if desired, to serve.

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 **Packed in Australia**
from at least **35%**
Australian ingredients