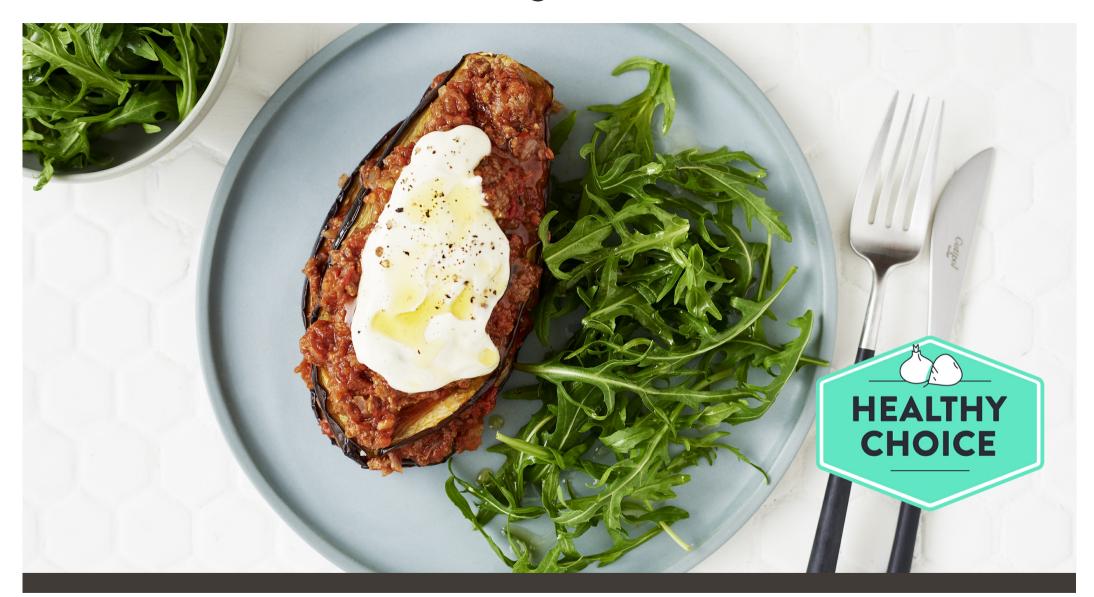
# MARLEY SPOON



# **Open Lamb Moussaka**

with Tahini Yoghurt Sauce





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

- greek yoghurt <sup>7</sup>
- can crushed tomatoes
- · lamb mince
- eggplant, lemon
- · dried oregano
- garlic clove
- tahini paste 11
- onion
- rocket

# What you'll require

- olive oil
- sea salt and pepper
- water

### **Utensils**

- foil
- · large deep frypan
- oven tray

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

#### **Allergens**

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

#### **Nutrition per serving**

Energy 420kcal, Fat 22.0g, Carbs 18.2g, Proteins 33.8g



## 1. Prepare eggplant

Preheat the grill to high. Line two oven trays with foil. Trim ends from the **eggplants** and cut lengthwise into 6-8 slices, about 1cm thick.



2. Grill eggplant

Place the slices on the prepared trays and lightly brush with **2 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 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 **oregano** 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 **2 tbs juice** (reserve remainder for another use), the **yoghurt**, **tahini** and **2 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 ½ 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.

