

MARLEY SPOON



Open Lamb Moussaka

with Tahini Yoghurt Sauce



30-40min



4 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

- greek yoghurt ⁷
- 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 $\frac{1}{3}$ 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 40%
Australian ingredients