



HEALTHY

Open Lamb Moussaka

with Tahini Yoghurt



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.

What we send

- 11
- 7

What you'll require

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

Utensils

- foil
- large deep frypan
- 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 590kcal, Fat 39.5g, Carbs 16.6g, Proteins 36.4g



1. Prepare eggplant

Preheat the oven to 220C. Line an oven tray with foil. Trim the **eggplant**, then slice lengthwise into 6-8 slices, about 1cm thick.



2. Roast eggplant

Put the **eggplant** on the lined tray and lightly brush both sides with **1 tbs olive oil**. Season with **salt and pepper**. Roast for 15 mins or until softened and golden.



3. Start sauce

Meanwhile, finely chop the **onion**. Crush or finely chop the **garlic**. Heat **1 tbs olive oil** in a large deep frypan over medium heat. Cook the onion and garlic for 3 mins or until softened. Increase the heat to high, add the **lamb mince** and cook, breaking up any lumps with a spoon, for 5 mins or until the mince is browned.



4. Finish sauce

Crumble **1 stock cube** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **180ml (¾ cup) boiling water** and stir to dissolve. Add the **stock** and **tomatoes** to the pan and bring the sauce to the boil. Reduce the heat to medium and simmer, stirring regularly, for 10 mins or until thickened.



5. Make tahini yoghurt

Meanwhile, juice **half the lemon** (the remaining lemon won't be used in this dish). Put the **lemon juice**, **yoghurt** and **1 tbs tahini** (see cooking tip) in a bowl, season with **salt** to taste, and stir until smooth. Add 1-2 tbs water if a thinner consistency is desired.



6. Get ready to serve

Put an **eggplant slice** on each plate and spoon over one third of the **mince mixture**. Repeat with 2 more layers of eggplant and mince. Top with the **tahini yoghurt**. Divide the **rocket** among plates and drizzle with **extra virgin olive oil**, if desired, to serve.