



Cooking Made Easy

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Warming Lentil Moussaka with Ricotta and Sautéed Spinach

For this recipe we wanted to create something healthy and hearty to warm you from the inside out. After rigorous taste testing down at the Fresh Farm, let us introduce you to our spin on a traditional Moussaka. Though it'll take a little longer to make, once it's in the oven, kick back with a glass of wine and simply relax...



50 min



gluten
free



Onion



Carrot



Celery



Garlic Clove



Potato



Bay Leaf



Thyme



Baby Spinach



Organic Lentils



Organic Chopped
Tomatoes



Vegetable Stock Pot





Ricotta Cheese



Hard Italian
Cheese

Ingredients	2P	4P
Onion, diced	1	2
Carrot, diced	1	2
Celery, diced 1	1 stick	2 sticks
Garlic Clove, diced	2	4
Potato, sliced	2	4
Bay Leaf	1	2
Thyme	3 sprigs	5 sprigs
Baby Spinach	2 handfuls	4 handfuls
Organic Lentils	1 tin	2 tins
Organic Chopped Tomatoes	1 tin	2 tins
Vegetable Stock Pot 1	½	1
Ricotta Cheese 2	250g	500g
Hard Italian Cheese, grated 2	2 tbsp	4 tbsp

-  May feature in another recipe
-  Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Celery | **2)** Milk

Nutrition per serving: Calories: 780 kcal | Protein: 38 g | Carbs: 84 g | Fat: 35 g | Saturated Fat: 12 g



1 Pre-heat your oven to 220 degrees. Peel and dice the onion and carrot, dice the celery and garlic. Peel and slice the potatoes into discs less than ½cm thick.



2 Heat a tbsp of olive oil in a non-stick pan on a medium-low heat. Cook the onion, carrot, celery and garlic. Add the bay leaf and your thyme leaves. **Tip:** *Pinch the thyme stalk between your fingers and run your fingers along it to strip off the leaves.* After around 5 mins the ingredients will have softened up.



3 Add in the spinach and cook it for a couple of minutes until it has wilted.



4 Drain and rinse the puy lentils and stir them into the onion mixture along with the chopped tomatoes and the stock pot. Let the mixture bubble away until you have a nice thick sauce.

5 Once the water from the sauce has disappeared, stir through

all of the ricotta until you have a smooth sauce and then take the pan off the heat.

6 Lightly grease an ovenproof dish and place a layer of potatoes in the bottom. Layer half of your lentil mixture on top and cover this with another layer of potatoes. Put on the other half of the lentil mixture and one last layer of potatoes. Bake with a lid on for 30 mins.

7 Give the kitchen a quick tidy and put your feet up until dinner is ready.

8 After 30 mins, if you can slide a knife easily into the potatoes then they are cooked. If not, give them another 5 mins. Once they are cooked, turn off the oven and pre-heat the grill to high. Sprinkle the hard Italian cheese on top of your moussaka. Put it under the grill until it browns off.

9 Serve the moussaka on plates and enjoy!