






More Than Food
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Warming Lentil, Ricotta and Spinach Moussaka

After rigorous taste testing down at the Fresh Farm, we want to 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 mins

 veggie

 gluten free



Onion (1)



Carrot (1)



Celery (1 stick)



Garlic Clove (2)



Potato (1)



Bay Leaf (1)



Thyme (3 sprigs)



Baby Spinach
(3 handfuls)



Organic Lentils
(1 tin)



Organic Chopped
Tomatoes (1 tin)



Vegetable Stock
Pot (½)



Ricotta Cheese
(250g)



Hard Italian
Cheese (3 tbsp)

Ingredients

2 PEOPLE ALLERGENS

Onion, chopped	1	
Carrot, chopped	1	
Celery, chopped	1 stick	Celery
Garlic Clove, chopped	2	
Potato, sliced	1	
Bay Leaf	1	
Thyme	3 sprigs	
Baby Spinach	3 handfuls	
Organic Lentils	1 tin	
Organic Chopped Tomatoes	1 tin	
Vegetable Stock Pot	½	Celery
Ricotta Cheese	250g	Milk
Hard Italian Cheese	3 tbsps	Milk

Nutrition per serving: Calories: 626 kcal | Protein: 39 g | Carbs: 82 g | Fat: 17 g | Saturated Fat: 9 g



1 Pre-heat your oven to 220 degrees. Peel and chop the **onion** and **carrot**, chop the **celery** and **garlic**. Peel and slice the **potato** into discs less than ½cm thick (basically as thin as you can cut them).



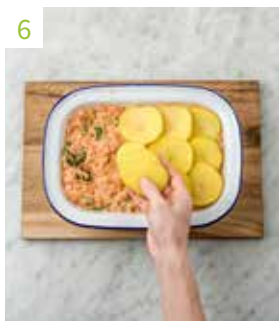
2 Heat 1 tbsp of **olive oil** in a non-stick frying pan on a medium-low heat. Cook the **onion, carrot, celery** and **garlic**. Add the **bay leaf** and the **thyme** leaves.

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 1-2 mins or until it has wilted.

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



5 Once the water from the sauce has disappeared, remove the **bay leaf**. Stir through all of the **ricotta** quickly until you have a smooth sauce. Then immediately take the pan off the heat.

 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Béchamel sauce is one of the five mother sauces every French chef is expected to know.

6 Pop half the lentil mixture in an ovenproof dish and cover this with a layer of **potatoes**. Spoon over the other half of the lentil mixture and add another layer of **potatoes**. Bake with a lid on for 30 mins.

7 Give your 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 your oven and pre-heat your grill to high. Sprinkle the **hard Italian cheese** on top of the moussaka. Put it under your grill until it browns.

9 Serve the moussaka and enjoy!