



# Veggie Moussaka with Cheat's Garlic Bread

**Classic** 45 Minutes • 2 of your 5 a day • Veggie

N° 18



Aubergine



Onion



Bell Pepper



Garlic Clove



Dried Oregano



Tomato Puree



Ground Cinnamon



Red Split Lentils



Worcester Sauce



Vegetable Stock Paste



Finely Chopped Tomatoes



Ciabatta



Creme Fraiche



Grated Hard Italian Style Cheese



Rocket



Beef Mince



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

## Before you start.

Our fruit and veg need a little wash before you use them!

## Cooking tools, you will need:

Frying Pan, Measuring Jug, Baking Tray, Ovenproof Dish.

## Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Onion**	1	1	2
Bell Pepper***	1	2	2
Garlic Clove	2	3	3
Dried Oregano	1 sachet	1 sachet	2 sachets
Tomato Puree	½ sachet	¾ sachet	1 sachet
Ground Cinnamon	1 sachet	1 sachet	1 sachet
Red Split Lentils	50g	75g	100g
Worcester Sauce 13)	½ sachet	¾ sachet	1 sachet
Vegetable Stock Paste 10)	10g	15g	20g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water*	100ml	150ml	200ml
Olive Oil*	2 tbsps	3 tbsps	4 tbsps
Ciabatta 11) 13)	1	2	2
Creme Fraiche 7)**	75g	99g	150g
Grated Hard Italian Style Cheese 7) 8)**	40g	65g	80g
Rocket**	20g	40g	40g
Beef Mince**	120g	180g	240g

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>659g</b>	<b>100g</b>
Energy (kJ/kcal)	2585 / 618	393 / 94
Fat (g)	28	4
Sat. Fat (g)	12	2
Carbohydrate (g)	65	10
Sugars (g)	24	4
Protein (g)	24	4
Salt (g)	2.33	0.35
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
<b>for uncooked ingredient</b>	<b>719g</b>	<b>100g</b>
Energy (kJ/kcal)	3115 / 745	434 / 104
Fat (g)	37	5
Sat. Fat (g)	16	2
Carbohydrate (g)	65	9
Sugars (g)	24	3
Protein (g)	35	5
Salt (g)	2.33	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 10) Celery 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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## Prep the Veggies

Trim the **aubergine** and slice into 1cm thick rounds. Halve, peel and chop the **onion** into small pieces. Halve the **pepper** and discard the core and seeds. Chop into small pieces. Peel and grate the **garlic** (or use a garlic press).




## Start the Sauce

Preheat your grill to high. Heat a drizzle of **oil** in a frying pan on medium-high heat. Add the **onion** and **pepper** and season with **salt** and **pepper**. Cook, stirring, until soft and golden, 6-7 mins. Add the **oregano**, **tomato puree**, **ground cinnamon** (see ingredients for amount) and **half the garlic**. Cook for 1 minute more.



## Finish the Sauce

Next, stir in the **red lentils**, **Worcester sauce**, **vegetable stock paste** and **chopped tomatoes**. Add the **water** (see ingredients for amount) and a pinch of **sugar** (if you have some). Stir, bring to the boil, lower the heat to medium and simmer until the **lentils** are soft (but still have a slight bite to them), 20-25 mins. If the **sauce** gets too dry, just add a splash of **water**.



### CUSTOM RECIPE

If you've decided to add **beef mince** to your meal, add the **beef mince** with the **onion** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The mince is cooked when it is no longer pink in the middle. Continue with the rest of the recipe as instructed.



## Grill the Aubergine

Meanwhile, lay the **aubergine** slices on a baking tray in a single layer and drizzle over a good glug of **oil**. Season with **salt** and **pepper**. Grill until browned and soft, about 8-9 mins on each side. **TIP:** Keep an eye on them to make sure they don't burn. If they aren't soft after this time, just leave them under your grill for another 2-3 mins. Remove and set aside.



## Layer It Up

In a small bowl, mix the remaining **garlic** with the **olive oil** (see ingredients for amount). Cut the **ciabatta** in half (as though making a sandwich) and smear the **garlic oil** over the cut side. When the **tomato sauce** is ready, transfer the **sauce** to an ovenproof dish. Layer over the **aubergine** slices. Dollop over the **creme fraiche** and then spread it out evenly across the top.



## Finish and Serve

Sprinkle the **hard Italian style cheese** over the **moussaka** and season with **pepper**. Grill until the **cheese** is golden and bubbling, about 5-6 mins. Remove from the grill, pop the **garlic bread** under the grill and toast until golden, 2-3 mins. Serve the **moussaka** in bowls. Add a handful of **rocket** alongside and drizzle with **olive oil**. Serve with the **cheat's garlic bread**.

There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.