



Lamb Moussaka

with Creamy Aubergine Topping

Calorie Smart 35-40 Minutes • 2 of your 5 a day • Under 600 Calories

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Carrot



Aubergine



Lamb Mince



Ground Cinnamon



Tomato Passata



Chicken Stock Paste



Creme Fraiche



Grated Hard Italian Style Cheese

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Frying pan, baking tray and ovenproof dish.

Ingredients

	2P	3P	4P
Carrot**	1	1	2
Aubergine**	1	2	2
Lamb Mince**	200g	300g	400g
Ground Cinnamon	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	2 cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** (7)	150g	225g	300g
Grated Hard Italian Style Cheese** (7) (8)	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	508g	100g
Energy (kJ/kcal)	2482 /593	489 /117
Fat (g)	43	9
Sat. Fat (g)	25	5
Carbohydrate (g)	19	4
Sugars (g)	14	3
Protein (g)	31	6
Salt (g)	2.03	0.40

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk 8) Egg

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Get Prepped

Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Trim the **aubergine**, then slice into rounds approximately 1cm thick.



Cook the Lamb

Heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **carrot** and stir-fry until soft, 4-5 mins, stirring occasionally. Add the **lamb mince** and **ground cinnamon**, then cook until browned, 5-6 mins. Use spoon to break up the **mince** as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**.
IMPORTANT: Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



Sauce and Simmer

Stir the **tomato passata** and **chicken stock paste** into the **lamb** pan, then season with **salt** and **pepper**. Simmer until thickened, 15-20 mins, stirring occasionally.



Aubergine Time

Meanwhile, preheat your grill to high. Pop the **aubergine** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer, then grill for 8-9 mins on each side. Once cooked, remove from the grill.
TIP: The aubergine slices should be browned and soft. If they aren't, grill them for a little longer. If they are browning too quickly, turn the heat down a little.



Grill the Moussaka

When the **lamb mixture** has thickened, spoon into an ovenproof dish. Lay the **grilled aubergine slices** on top. Spread the **creme fraiche** over with the back of a spoon, then sprinkle over the **hard Italian style cheese**. Grill the **moussaka** until bubbling and the top has browned, about 3-4 mins.



Serve

Once browned, remove the **moussaka** from the grill and allow it to stand for a couple of mins before serving. Spoon into bowls to serve.

Enjoy!

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