



VEGGIE MOUSSAKA

with Cheat's Garlic Bread



HELLO AUBERGINE

The Greek name for aubergine is 'melitzana' which means 'apple of madness'!



Aubergine



Onion



Courgette



Yellow Pepper



Garlic Clove



Oregano



Tomato Purée



Cinnamon Stick



Red Split Lentils



Worcestershire Sauce



Vegetable Stock Pot



Diced Tomatoes



Ciabatta



Crème Fraîche



Hard Italian Cheese

45 mins

eat within 3 days

5 of your 5 a day

Veggie

Ah Greece! Cradle of western civilisation. Developing place of democracy. There's no denying that some great stuff came out of Greece, not least the moussaka! It's Mimi's absolute favourite and she's created this veggie version packed with awesome aubergines and lovely lentils. It's perhaps not on the same scale as the Parthenon but a lot tastier. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), two **Baking Trays**, a **Frying Pan** and **Ovenproof Dish**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your grill to high. Cut the **aubergine** into 1cm thick slices. Halve, peel and chop the **onion** into ½cm pieces. Remove the top and bottom from the **courgette** and chop into ½cm chunks. Halve, then remove the core from the **yellow pepper** and chop into 1cm pieces. Peel and grate all but one **garlic clove** (or use a garlic press). Pick the **oregano leaves** from their stalks and finely chop (discard the **stalks**).



2 GRILL THE AUBERGINE

Put the **aubergine** slices on a baking tray in a single layer and drizzle over some **oil**. Season with a pinch of **salt** and a grind of **black pepper**. Grill for 8-9 mins on each side, until browned and soft. ★ **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 a little longer. Remove and set aside.



4 FINISH THE SAUCE

Next, add the **red lentils**, **Worcestershire sauce**, **vegetable stock pot** and **diced tomatoes**. Refill the tin(s) a third with **water** and pour that in too. Add a pinch of **sugar** (if you have some). Simmer until the **lentils** are soft, 15-20 mins. If the **sauce** gets too dry, just add a splash of **water**.



5 CHEAT THE BREAD!

Cut the **ciabatta** into 1cm thick slices and place them on another baking tray. Pop them under your grill for 2-3 mins on each side, then remove. Cut the remaining **garlic clove** in half and rub across both sides of the ciabatta slices. We call this '**cheat's garlic bread**'!



3 START THE SAUCE

Meanwhile, make the **tomato sauce**. Put a drizzle of **oil** in a frying pan on medium heat. Add the **onion**. Cook until soft, 5 mins. Add the **courgette** and **pepper** with a pinch of **salt** and some **black pepper**. Cook until soft and slightly browned, 5 mins. Add the **grated garlic**, **oregano**, **tomato purée** and **cinnamon stick**. Cook for 1 minute more.



6 FINISH AND SERVE

When the **tomato sauce** is ready, remove the **cinnamon stick** and transfer the **sauce** to an ovenproof dish. Layer over the **aubergine slices**. Spoon on the **crème fraîche** and spread it out across the top. Sprinkle over the **hard Italian cheese** and add a grind of **black pepper**. Put the **moussaka** under your grill for 5 mins, or until the **cheese** is golden and bubbling. Serve in bowls with the **cheat's garlic bread** on the side. **Enjoy!**

2 PEOPLE INGREDIENTS

Aubergine, sliced	1
Onion, chopped	1
Courgette, chopped	1
Yellow Pepper, chopped	1
Garlic Clove, grated	2
Oregano, chopped	½ bunch
Tomato Purée	20g
Cinnamon Stick	1
Red Split Lentils	50g
Worcestershire Sauce	1 tbsp
Vegetable Stock Pot 9) 12)	½
Diced Tomatoes	1 tin
Ciabatta 1)	1
Crème Fraîche 7)	1 small pot
Hard Italian Cheese 7)	40g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	578	75
(kJ)	2296	297
Fat (g)	22	3
Sat. Fat (g)	14	2
Carbohydrate (g)	64	8
Sugars (g)	21	3
Protein (g)	26	3
Salt (g)	5.28	0.68

ALLERGENS

1)Gluten 7)Milk 9)Celery 12)Sulphites

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

You made this, now show it off! Share your creations with us:

