

Vegetable Packed Moussaka with Cheat's Garlic Bread

This veggie moussaka is true to its name, giving you a whopping 5 of your 5 a day; it is PACKED with vegetables! The hearty lentils and warming spices, along with a big dose of immune boosting nutrients, makes this the perfect dish to chase those winter blues away!



40 mins



healthy



5.5 of your 5 a day



eat within 3 days



veggie



Aubergine



Onion



Courgette (2)



Yellow Pepper



Garlic Clove



Tomato Purée (3 tbsp)



Ground Cinnamon (1 tsp)



Oregano (1 bunch)



Red Split Lentils (100g)



Worcestershire Sauce (2 thsp)



Vegetable Stock Pot (1)



Chopped Tomatoes (2 tins)



Ciabatta (2)



Crème Fraîche (1 pot)



Hard Italian Cheese (80g)

4 PEOPLE INGREDIENTS

Aubergine, sliced	2
Onion, chopped	2

 Courgette, chopped Yellow Pepper, chopped

 Garlic Clove, grated 3 • Tomato Purée 3 tbsp

 Ground Cinnamon 1 tsp

Oregano 1 bunch

2

 Red Split Lentils 100g Worcestershire Sauce 2 tbsp

Vegetable Stock Pot

· Hard Italian Cheese

 Chopped Tomatoes 2 tins Ciabatta 2 · Crème Fraîche 1 pot

Did you know...

wash before cooking!

Cinnamaldehyde, a compound in cinnamon bark, gives this spice its scent and flavour.

🐪 Our fruit and veggies may need a little

Allergens: Milk, Celer	
Nutrition as per prepar	ed and listed ingredients

	Energy			Carbohydrate			Salt
Per serving	556 kcal / 3282 kJ						4 g
Per 100g	91 kcal / 358 kJ	4 g	2 g	10 g	3 g	4 g	1 g

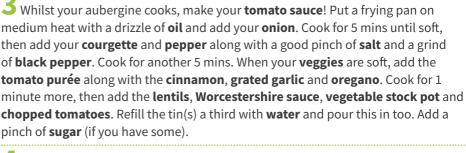


Preheat your grill to high. Slice the **aubergine** into 1cm thick slices. Cut the **onion** in half through the root, peel and chop into ½cm pieces. Cut the top and bottom off the **courgette**, cut into quarters lengthways, then chop into ½cm chunks. Remove the core from the **yellow pepper** and chop into 1cm pieces. Peel and grate all but one clove of garlic (or use a garlic press if you have one). Cut the one remaining garlic clove in half (don't worry about peeling it). Pull the leaves from the **oregano** stalks and finely chop.

80g



Put your aubergine slices on a baking tray in a single layer and drizzle over some **oil**, a pinch of **salt** and a good grind of **black pepper**. Put under your grill for 8-9 mins on each side, until they are nicely browned and soft. Tip: Keep an eye on them to make sure they don't burn). If they aren't soft in this time, just leave them under your grill for a few more mins. Remove and keep to the side when ready.





Simmer for 15-20 mins or until your **lentils** are soft. If it gets too dry, just add a splash of water. In the meantime, cut the ciabatta into 1cm thick slices.

Pop your **ciabatta slices** under your grill for 2-3 mins on each side, then remove. Rub the cut side of your remaining garlic clove across both sides of your ciabatta slices. Cheat's garlic bread!



When your **tomato sauce** is ready, transfer it to an ovenproof dish and layer your aubergine slices on top. Spoon over the crème fraîche and spread it out across the top. Sprinkle over the **hard Italian cheese** and add a grind of **black pepper**.

Put your moussaka under your grill for 5 mins, or until your cheese is golden and bubbling. Serve in bowls with your **cheat's garlic bread** on the side and enjoy!