



# Veggie Moussaka with Cheat's Garlic Bread

Classic 45 Minutes • 2 of your 5 a day

N° 19



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



Rocket



Grated Hard Italian Style Cheese



Feta Cheese



## 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 veggies need a little wash before you use them!

## Cooking tools, you will need:

Frying Pan, Baking Tray, Bowl, 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 <b>13</b>	½ sachet	¾ sachet	1 sachet
Vegetable Stock Paste <b>10</b>	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 <b>11</b> <b>13</b>	1	2	2
Creme Fraiche <b>7</b> **	75g	100g	150g
Grated Hard Italian Style Cheese <b>7</b> <b>8</b> **	40g	65g	80g
Rocket**	20g	40g	60g
 Feta Cheese <b>7</b> **	100g	150g	200g

\*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>709g</b>	<b>100g</b>
Energy (kJ/kcal)	3194 /763	451 /108
Fat (g)	40	6
Sat. Fat (g)	21	3
Carbohydrate (g)	65	9


## Contact

Thumbs up or thumbs down?

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The Fresh Farm  
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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).



## 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.

**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.



## 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.



## Layer it Up

In a small bowl, mix the remaining **garlic** with the **olive oil** (see ingredients for amount). Cut the **ciabatta** in half 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 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**.



## 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**.

## Enjoy!



## CUSTOM RECIPE

If you've chosen to add **feta** to your meal, crumble the **feta** on top of the **moussaka** along with the **hard Italian style cheese**. Continue with the recipe as instructed.