



Mighty Moussaka

Serves 6
2 bites per serving

A traditional Greek recipe that everyone should have in their repertoire!

Ingredients

- 3 large Aubergines, sliced
- 800g 5% fat Beef mince
- 1 large onion, finely diced
- 4 garlic cloves, crushed
- 1 red wine stock cube
- 1 beef stock cube
- 1 tin of tomatoes (+ half tin of water)
- 3 tbsp tomato puree
- 2 bay leaves
- 1 tbsp sweetener
- 1 tbsp dried oregano
- 1 cinnamon stick
- fresh parsley
- salt to taste
- 15g panko breadcrumbs (optional)

Bechamel

- 50g butter
- 50g plain flour
- 500ml low fat milk
- pinch of nutmeg
- pinch of salt
- 1 egg yolk
- 30g parmesan

Method

Firstly, slice your aubergine into thin rounds (3/4 cm thick) Sprinkle with the salt and place into a colander and allow to sweat for 30 minutes to an hour. This is to remove the moisture (important!)

Meanwhile, make the beef sauce. Cook the onion and garlic for 2 minutes with a little spray oil under a medium heat for 2 minutes. Increase the heat and add the beef mince. Cook for a few minutes and then add the rest of the ingredients. Allow to simmer for 15 minutes.

Preheat the oven to the highest temp

while the beef is simmering, rinse and pat dry the aubergine. lay out on a baking tray and roast for 15 minutes. Turn the oven down to 180

Make the bechamel sauce by melting the butter, adding the flour and stirring for one minute before add the milk. Simmer until thickened. Then season, and add the nutmeg, egg yolk and parmesan. Assemble in a baking dish. Add one layer of aubergine, then the mince, top with a final layer of aubergine and then the bechamel sauce. Finally sprinkle with panko breadcrumbs.

Pop in the oven and bake for 40 minutes or until golden brown