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WK17
2016



Cheat's Lentil Moussaka with Cheesy Bechamel

An incredible Greek classic made easy awaits you tonight. One of our favourite things to do at HelloFresh is take a classic traditional dish and make it achievable on a weeknight. This deconstructed moussaka is a perfect example. The bechamel sauce is optional - but you'd crazy not to give it a try!

 **Prep:** 15 mins
 **Cook:** 35 mins
Total: 50 mins

 level 2

 low kJ

 high fibre

Pantry Items



Olive Oil



Butter



Plain Flour



Milk



Hot Water



Eggplant



Red Onion



Garlic



Dried Oregano



Cinnamon



Diced Tomatoes



Tomato Paste



Lentils



Parmesan Cheese



Mixed Salad Leaves

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2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
1	2	eggplant, cut into 1 cm thick rounds
½	1	red onion, finely chopped
1 clove	2 cloves	garlic, peeled & crushed
1 tsp	2 tsp	dried oregano
1 tsp	2 tsp	cinnamon
1 tub	2 tubs	tomato paste
1 tin	2 tins	diced tomatoes
½ cup	1 cup	hot water *
1 tin	2 tins	lentils, drained & rinsed
1 tbs	2 tbs	butter *
1 tbs	2 tbs	plain flour *
1 cup	2 cups	milk *
½ block	1 block	Parmesan cheese, finely grated
1 bag	2 bags	mixed salad leaves, washed

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

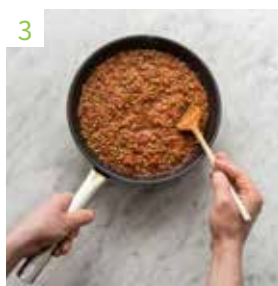
Energy	1770	Kj
Protein	21	g
Fat, total	18	g
-saturated	7.3	g
Carbohydrate	38	g
-sugars	22	g
Sodium	269	mg



You will need: *chef's knife, chopping board, garlic crusher, fine grater, sieve, baking paper lined oven tray, whisk, wooden spoon, small saucepan and a medium frying pan.*

1 Preheat the oven to **200°C/180°C fan forced**.

2 Rub the **olive oil** into the flesh of the **eggplant slices** and season with a generous amount of **salt**. Place in a single layer on the prepared oven tray. Cook in the oven for **30-35 minutes** or until soft and slightly charred.

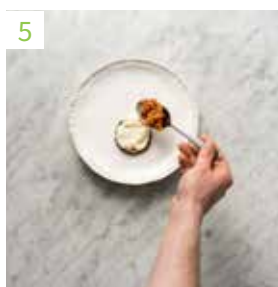


3 Meanwhile, heat a dash of olive oil in a medium frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **5 minutes** or until soft. Add the **garlic, dried oregano** and **cinnamon** and cook, stirring, for **1 minute** or until fragrant. Add the **tomato paste** and cook, stirring, for **1 minute**. Add the **diced tomatoes, hot water** and **lentils**. Bring to the boil and then reduce the heat to medium-low and simmer, covered, for **10-15 minutes**.



4 Note: *This step is optional. Béchamel sauce is a great technique to learn in the kitchen, but if you'd prefer to skip it move to the next step.* Melt the **butter** in a small saucepan over a medium-high heat until foaming. Add the **plain flour** and cook, stirring, for **1 minute** or until bubbling. Remove from the heat. Slowly add the **milk**, stirring constantly, until mixture is smooth. Return to the heat. Cook, stirring with a wooden spoon, for **5-6 minutes** or until the sauce comes to the boil, thickens and coats the back of a wooden spoon. Remove from the heat and stir through the **Parmesan cheese** (reserving a little for garnish).

Tip: Refrigerate any extra béchamel in a container for up to 3 days in the fridge.



5 To serve, layer the eggplant slices, béchamel sauce and the cinnamon lentil sauce. Sprinkle with extra Parmesan cheese. Serve the **mixed salad leaves** on the side.