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## 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 (2)



Onion (2)



Courgette (2)



Yellow Pepper (2)



Garlic Clove (3)



Tomato Purée (3 tbsp)



Ground Cinnamon (1 tsp)



Oregano (1 bunch)



Red Split Lentils (100g)



Worcestershire Sauce (2 tbsp)



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 **2**
- Yellow Pepper, chopped **2**
- Garlic Clove, grated **3**
- Tomato Purée **3 tbsp**
- Ground Cinnamon **1 tsp**
- Oregano **1 bunch**
- Red Split Lentils **100g**
- Worcestershire Sauce **2 tbsp**
- Vegetable Stock Pot **1**
- Chopped Tomatoes **2 tins**
- Ciabatta **2**
- Crème Fraîche **1 pot**
- Hard Italian Cheese **80g**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

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

**Allergens:** Milk, Celery, Gluten, Sulphites.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	556 kcal / 3282 kJ	23 g	14 g	59 g	18 g	22 g	4 g
Per 100g	91 kcal / 358 kJ	4 g	2 g	10 g	3 g	4 g	1 g

1



**1** 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.

2



**2** 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.

5



**3** Whilst your aubergine cooks, make your **tomato sauce**! Put a frying pan on medium heat with a drizzle of **oil** and add your **onion**. Cook for 5 mins until soft, then add your **courgette** and **pepper** along with a good pinch of **salt** and a grind of **black pepper**. Cook for another 5 mins. When your **veggies** are soft, add the **tomato purée** along with the **cinnamon**, **grated garlic** and **oregano**. Cook for 1 minute more, then add the **lentils**, **Worcestershire sauce**, **vegetable stock pot** and **chopped tomatoes**. Refill the tin(s) a third with **water** and pour this in too. Add a pinch of **sugar** (if you have some).

6



**4** 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.

**5** 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!**

**6** 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**.

**7** 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!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!