



LIVE LONGER
LIVE HEALTHIER
LIVE HAPPIER

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MOUSSAKA

Serves 4

Per serving: 371 calories, 10g fat

Prep time: 20 mins

Cook Time: 1 hour 20 mins

INGREDIENTS

2 medium sized aubergines
450g lean minced lamb or beef
1 medium onion, sliced
2 garlic cloves, crushed
4 tbsp tomato purée
1 tsp mixed dried herbs
1 tsp dried cinnamon
salt and freshly ground black pepper

For the topping:

2 eggs
2 level tbsp cornflour
freshly ground black pepper
225ml low-fat natural yogurt
½ tsp ground nutmeg

METHOD

1. Preheat the oven to 180°C, 350°F, Gas Mark 4.
2. Cut the aubergines into ¼ inch slices and sprinkle with salt. Leave to drain in a colander for 30 minutes.
3. Meanwhile, dry-fry the mince in a non-stick pan until the colour changes. Drain away the fat.
4. Add the onion and then dry-fry for 5 minutes. Add the garlic and cook for 2 minutes. Add the tomato purée, herbs, cinnamon and seasoning and simmer for 15 minutes.
5. Rinse the aubergine slices in cold water and pat dry with kitchen paper. Lightly grease an ovenproof dish and arrange one layer of aubergine to cover the base. Spread the meat mixture on top and finish with another layer of aubergine.
6. To make the topping, beat the eggs, then blend in the cornflour, pepper and whisk in the yogurt.
7. Pour the sauce over the aubergines, sprinkle with nutmeg and bake in the pre-heated oven for 1 hour until the top is golden.

