

Moussaka

Ingredients

- 2 tbsp. rapeseed oil
- 1 onion, chopped finely
- 2 large carrots, diced
- 2 cloves of garlic, crushed
- 1 x 400g cans chopped tomatoes
- 500g lean beef mince
- 1 tsp ground cinnamon
- ¼ tsp all ground spice
- 2 tbsp. tomato puree
- 1 tbsp. dried oregano
- 3 aubergines
- 1 tbsp. lemon juice

The topping

- 2 eggs
- 300g 2% Greek yoghurt
- 50g parmesan
- 1 tbsp. cornflour



1. Heat 1 tbsp oil in a large pan. Tip in the onion and garlic, then fry for 6-8 mins until turning golden brown.
2. Add the carrots and fry for 2 mins more.
3. Stir the meat into the pan, breaking it up as you stir. Cook and stir over a high heat until the meat is no longer pink.
4. Stir in the cinnamon and allspice.
5. Tip in the tomatoes and tomato purée
6. Season with some pepper, the oregano, cover, then simmer on a low heat for 20 mins, stirring occasionally.
7. While the meat cooks (unless you are doing this a day ahead) prepare the aubergines. Heat oven to 200C/fan 180C/ gas 6. Brush a little of the remaining oil onto 2 large baking sheets. Slice the aubergines into 1cm thick lengthways slices, then lay them on the oiled baking sheets. Brush the top side with a little oil and bake for 20 mins until soft, then set aside. Lower oven to 180C/fan 160C/gas 4.
8. Stir the puy lentils into the beef mixture, then get a large oven proof dish and spread 2 big spoonfuls of the meat mixture on the bottom. Lay the aubergine slices on top, slightly overlapping. Spoon the rest of the meat mixture on top and add another layer of aubergines.
9. Beat the eggs in a bowl.
10. Mix the cornflour with a little of the yogurt until well combined, then stir in the rest of the yogurt, and finally mix this into the eggs with half the cheese. Season with pepper. Pour and spread this over the aubergine to cover it. Sprinkle with the rest of the cheese, and a little pepper.
11. Bake for 50 mins-1 hr until bubbling and golden.
12. Remove from the oven and leave moussaka to settle for 8-10 mins, before serving.

Serve with steamed tenderstem broccoli and suggestions below

Meal alterations

Pre-training or high
energy requirements

- Serve with chick pea pasta, new potatoes, homemade sweet potato wedges

Evening meal or low
carb requirements

- Serve as it is with some extra virgin olive oil dressing over your greens and some avocado