

# Moussaka with seasonal greens

(Serves 4)

## Ingredients

- 1/2 tsp Salt, reduced sodium
- 350g Aubergine, cut in chunks
- 750g Potatoes, peeled & sliced thickly
- 1/2 tbsp Oil, Olive, napolini
- 500g Minced beef (5% fat)
- 200g Onions, diced
- 1/4 tsp Thyme, dried
- 1 tbsp Parsley, fresh, chopped
- 1/4 tsp Cinnamon, ground
- 1 x 400g tin Tomatoes, chopped, napolini
- 1 tbsp Tomato puree
- 1/4 tsp Black pepper
- 2 Egg yolks
- 350 mls Yoghurt, natural, low fat
- 45g Cheese, Cheddar, Cathedral city lighter, grated
- 160g Seasonal greens
- 1/4 tsp Black pepper

## Preparation

1. Bring 2 pans of water to boil. Add 1/4 tsp salt to each pan.
2. Blanch aubergine in boiling water for 2 mins. Drain.
3. Parboil potatoes for 5-6 mins. Drain.
4. Heat oil in a frying pan. Fry minced beef, onions, thyme, parsley & cinnamon until meat browns. Stir frequently.
5. Add tomatoes, tomato puree, aubergine & black pepper.
6. Mix well & spread evenly in a casserole dish.
7. Arrange slices of potato to cover beef mixture completely.
8. Heat oven 190°C /375°F/ Gas Mark 5 (170°Fan).
9. Beat together egg yolks, yoghurt & grated cheese.
10. Pour topping over potatoes to cover completely.
11. Bake uncovered for 45 mins-1 hour or until golden brown.
12. Cook seasonal greens to taste. Season with black pepper. Serve.

**TOP TIP:** Choose any seasonal greens to get a variety. Why not try something a bit different?

## NUTRITIONAL VALUES PER SERVING

Calories 597

Total Sugars 19.49g

Total Fats 15.23g

Saturated Fats 6.3g

Salt 1.1g

Fruit & Veg 3