

Lamb and Lentil Moussaka

Moussaka is a traditional Greek dish made with aubergine and spiced meat. This recipe is a quick, healthy and cheaper alternative because it uses a mixture of lamb and lentils as the source of protein.



Milk*

Nutritional information per portion (524g):

Energy	Fat	Saturates	Sugars	Salt
1546kJ 368kcal 18%	11g 15%	5.4g 27%	11g 12%	1g 17%

of an adult's reference intake.
Typical values per 100g: energy 295kJ/70kcal.

Equipment

Weighing scales
Chopping board
Vegetable peeler
Sharp knife
Small saucepan
Colander
Deep frying pan OR large saucepan with lid
Wooden spoon
Measuring spoons
Measuring jug
Small mixing bowl
Fork
Deep ovenproof dish (approx. 25 x 25cm)
Tablespoon
Oven gloves

Ingredients

Serves 4
200g potatoes (peeled weight)
1 red onion
1 clove garlic
1 red pepper OR 160g frozen peppers (optional)
1 aubergine
250g lean minced lamb
140g dried red lentils
400g chopped tomatoes OR passata
250ml cold water
2 x 5ml spoons dried oregano OR mixed herbs
½–1 x 5ml spoon ground cinnamon (optional)
100g fresh OR frozen spinach (optional)
75g feta cheese
200g low-fat Greek yoghurt

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Use any leftover minced lamb to make Lamb and Lentil Burgers (available to download from our website).
- Use any leftover feta cheese for a Greek salad to serve alongside the moussaka. Greek salad is a colourful combination of chopped crispy lettuce, cucumber, tomatoes, black olives and feta, drizzled with a simple olive oil dressing.

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Method

1. Wash, peel and slice the potatoes into ½–1cm thick slices and wash in the colander.
2. Place the potatoes in a saucepan and cover with water. Bring to the boil, reduce the heat to medium and cook for 10–15 minutes (until soft). Drain in a colander and set aside for later.
3. Peel and finely slice the onion and garlic.
4. Deseed the pepper, then chop the pepper and aubergine into 2cm pieces.
5. Put a saucepan on medium heat, add the minced lamb and break it up with a large spoon. Wash your hands after touching raw meat. When the minced lamb is beginning to turn brown add the onions and garlic. Stir well and cook for 5 minutes. The meat will be brown and the onion will be soft.
6. Add the lentils, aubergine and peppers, chopped tomatoes, water, oregano or mixed herbs and cinnamon (if using) and stir well. Bring to the boil then turn down the heat, cover and simmer (small bubbles) for 20–25 minutes. Stir every 5 minutes and add more water if it gets too dry. If you are using spinach, add this in the last 5 minutes of cooking (last 10 minutes for frozen spinach).
7. Set the grill to a medium heat.
8. In a small mixing bowl, mash the feta cheese into the Greek yoghurt using a fork.
9. Put the lamb and lentil mixture into an ovenproof dish and layer on the potato slices. Spoon the feta and Greek yoghurt mixture on top. Place under the grill for 5–10 minutes or until golden brown in colour, then serve.

Something to try next time

- Use different-coloured vegetables to add flavour, texture and colour.
- Swap lean minced lamb for lean minced beef.
- For a vegetarian version, leave out the minced lamb and increase the amount of lentils to 200g, then add 100g of your favourite vegetables. Courgettes or butternut squash work well.
- Swap the feta cheese for 1 beaten egg for a cheaper recipe.

Prepare now, eat later

- The lamb and lentil mixture can be prepared in advance and frozen for up to 1 month or stored in the fridge for up to 2 days.

Skills used include:

Washing, weighing, measuring, peeling, chopping, boiling/simmering, frying and grilling.