



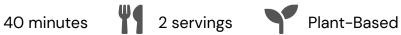


Cheesy Top Walnut Moussaka

Layers of tomato walnut sauce and creamy roast eggplant, topped with potato and melty almond milk cheddar from Noshing Naturally and finished with rosemary.







Switch it up!

Short on time? Dice and add the eggplant to the walnut sauce instead. Serve over mashed potato.

TOTAL FAT CARBOHYDRATES

81g

FROM YOUR BOX

MEDIUM POTATOES	500g
EGGPLANT	1
BROWN ONION	1
CARROT	1
WALNUTS	1 packet (40g)
TINNED CHOPPED TOMATOES	400g
BABY SPINACH	1 bag (60g)
ALMOND MILK CHEDDAR	1 packet
ROSEMARY	1 stalk

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground allspice

KEY UTENSILS

large frypan, saucepan, oven tray, oven dish (optional)

NOTES

Stir all the cheese through the mash if you don't feel like assembling and baking the moussaka. Divide among plates with eggplant and walnut sauce.





1. COOK THE POTATOES

Set oven to 220°C.

Peel and dice potatoes. Place in a saucepan and cover with water. Simmer for 15 minutes or until tender (see step 4).



2. ROAST THE EGGPLANT

Slice eggplant into 1/2 cm thick rounds or lengths. Place on a lined oven tray, drizzle with **oil** and season with **salt and pepper**. Roast for 10–15 minutes until tender.



3. SIMMER THE SAUCE

Heat a frypan over medium-high heat with oil. Dice onion and carrot, and chop walnuts. Add to pan with 11/2 tsp allspice and cook for 5 minutes. Pour in chopped tomatoes and 1/2 tin water. Simmer for 5 minutes. Stir through spinach until wilted. Season with salt and pepper.



4. MASH THE POTATOES

Reserve 1 cup cooking water before draining potatoes. Return to pan, mash with reserved cooking water until smooth. Grate cheese and stir 1/2 through (see notes). Season well with salt and pepper.



5. BAKE THE MOUSSAKA

Layer walnut sauce and roast eggplant in an oven dish. Spread mashed potato on top and cover with remaining cheese. Chop rosemary and sprinkle on top. Bake in oven for 5 minutes until golden.



6. FINISH AND SERVE

Serve walnut moussaka at the table.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



