




**Product Spotlight:  
Eggplant**


Loved for its creamy texture after cooking, eggplant is commonly known as a vegetable, but it is a member of the berry family!



# 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.

 40 minutes

 4 servings

 Plant-Based

28 July 2023

## Switch it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	12g	13g	67g

## FROM YOUR BOX

MEDIUM POTATOES	1kg
EGGPLANT	1
BROWN ONION	1
CARROT	1
WALNUTS	1 packet (40g)
TINNED CHOPPED TOMATOES	2 x 400g
BABY SPINACH	1 bag (120g)
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 **1 1/2 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.



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