



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, baked with mashed potato, melty vegan cheese from Noshing Naturally and fresh rosemary.



40 minutes



2 servings



Plant-Based

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
	13g	32g	42g

FROM YOUR BOX

MEDIUM POTATOES	3
EGGPLANT	1
BROWN ONION	1
CARROT	1
WALNUTS	1 packet
TINNED CHOPPED TOMATOES	400g
BABY SPINACH	1 bag
VEGAN CHEESE	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

Allspice can be substituted with a mix of ground cinnamon and nutmeg.

Want to save on time? Skip peeling the potatoes!

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.



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1. COOK THE POTATOES

Set oven to 220°C.

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



4. MASH THE POTATOES

Reserve **1 cup cooking liquid** then drain **potatoes**. Return potatoes and cooking liquid to pan and mash until smooth. Grate **cheese** and stir 1/2 into the mash (see notes). Season well with **salt and pepper**.



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.



5. BAKE THE MOUSSAKA

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



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 tsp allspice** and cook for 5 minutes. Add **tomatoes** and **1/2 tin water**. Simmer for 5 minutes. Stir through **spinach** to wilt. Season with **salt and pepper**.



6. FINISH AND SERVE

Serve walnut moussaka tableside.

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