



**Product Spotlight:  
Nutritional Yeast**


Nutritional yeast is a deactivated yeast and a rich source of B complex vitamins. It is a great cheese substitute in recipes.




# Lentil Moussaka

## with Creamy Top

Layers of warmly spiced lentils, roasted eggplant and tender vegetables are topped with a creamy, savoury potato mash and baked until golden.

 45 minutes

 Plant-Based

 4/6 servings

## Switch it up!

*Don't want to make the moussaka? Make it into a stew! Dice eggplant and add to filling at step 3. Serve stew over boiled, mashed or roasted potatoes.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	5g	68g

## FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	1kg	1.5kg
EGGPLANTS	2	3
BROWN ONION	1	2
RED CAPSICUM	1	2
CARROTS	2	3
CINNAMON HERB SPICE MIX	1 packet	2 packets
TOMATO PASTE (WITH HERBS)	2 sachets	3 sachets
TINNED BROWN LENTILS	2x 400g	2x 400g
CHERRY TOMATOES	2x 200g	3x 200g
NUTRITIONAL YEAST	2x 20g	3x 20g
PARSLEY	1 packet	2 packets

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin

## KEY UTENSILS

large frypan, saucepan, oven dish

## NOTES

To roast eggplant, add to oven dish that will be used at step 5. If it's too crowded, spread onto an oven tray.

Peel potatoes if desired. Add milk or cheese of choice for extra flavour.

*1/2 tsp cinnamon, 3 tsp oregano, 1 tsp thyme, 1/4 tsp cloves, 1 bay leaf, 2 tsp garlic granules*



### 1. BOIL THE POTATOES

Roughly chop **potatoes** (see notes). Add to a saucepan and cover with plenty of water. Bring to a boil and simmer for 15 minutes or until tender. Reserve **1/2 cup cooking liquid** and drain **potatoes**. Return both to saucepan.



### 4. MASH THE POTATO

Add **nutritional yeast** and **3 tbsp olive oil** to **potatoes**. Mash to a smooth consistency. Season well with **salt and pepper**.



### 2. ROAST THE EGGPLANT

Set oven to 250°C.

Slice **eggplant**. Toss in a lined oven dish (see notes) with **oil, 2 tsp cumin, salt and pepper**. Roast for 10-15 minutes until golden.



### 5. BAKE THE MOUSSAKA

Remove **roasted eggplant** from oven dish. Spoon **1/2 filling** into the base of the dish, layer with **1/2 roasted eggplant**. Repeat with remaining **filling** and **eggplant**. Evenly spread **mash potato** over the top and drizzle with **oil**. Bake for 5-7 minutes or until golden.



### 3. COOK THE FILLING

Dice **onion** and **capsicum**, grate **carrot**. Heat a large frypan over medium-high heat with **oil**. Add **prepared veggies** and saute for 2 minutes to soften. Add **spice mix** and **tomato paste**, cook for 1 minute. Add **lentils, tomatoes** and **1 cup water**. Cover and simmer for 10 minutes until thickened.



### 6. FINISH AND SERVE

Finely chop **parsley** (including tender stems).

Garnish **moussaka** with **parsley** and serve tableside.

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