



### Product Spotlight: Cauliflower

Cauliflower is chock full of vitamins and minerals! It offers a good source of choline which assists in brain development, improving learning and memory!



## Lamb Moussaka with Roasted Whipped Cauliflower

This moussaka features lamb mince, cooked in warming spices and tomato passata, layered with cumin-roasted eggplant and zucchini and is topped with a creamy whipped roasted cauliflower.

 30 minutes  4 servings  Lamb

### Spice it up!

*For extra flavour, add harissa paste, Moroccan spice mix, or ground chilli to the lamb.*

Per serve: **PROTEIN** 32g **TOTAL FAT** 43g **CARBOHYDRATES** 24g

## FROM YOUR BOX

EGGPLANT	1
ZUCCHINI	1
CAULIFLOWER	1/2
LAMB MINCE	600g
BROWN ONION	1
GARLIC	2 cloves
TOMATO PASSATA	1 jar
PARSLEY	1 packet

## FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, ground cumin, ground cinnamon

## KEY UTENSILS

large frypan, oven tray, oven dish, stick mixer

## NOTES

If preferred, grate zucchini and add to lamb mince.

Add your favourite cheese to the whipped cauliflower for extra flavour. You can also top the moussaka with bread crumbs for extra crunch.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Slice eggplant and zucchini (see notes). Toss on a lined oven tray with **oil, 2 tsp cumin, salt and pepper**. Add roughly chopped cauliflower to a lined oven dish with **oil, salt and pepper**. Roast all vegetables for 10–15 minutes until golden.



### 4. WHIP THE CAULIFLOWER

Use a stick mixer to whip roasted cauliflower and **2 tbsp butter/oil** to desired consistency. Season to taste with **salt and pepper** (see notes).



### 2. BROWN THE LAMB

Heat a large frypan over medium-high heat. Add lamb and cook, breaking up with the back of a spoon, for 5 minutes. Add sliced onion and cook for further 3 minutes.



### 5. BUILD & BAKE MOUSSAKA

Set oven to grill function.

Layer roasted vegetables and lamb in oven dish. Top with whipped cauliflower and drizzle with **oil**. Grill for 5–7 minutes or bake in hot oven until golden.



### 3. SIMMER THE LAMB

Add crushed garlic, **1 tsp cinnamon**, passata and **1 cup water** to pan. Simmer, semi-covered, for 5–7 minutes until mixture has thickened. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Finely chop parsley (including tender stems).

Garnish moussaka with parsley and serve tableside.



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