




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

Lamb mince, cooked in warming spices and tomato passata, layered with cumin-roasted eggplant and zucchini and topped with a creamy whipped roasted cauliflower.

 40 minutes

 Lamb

 4/6 servings

Spice it up!

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

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	48g	30g	32g

FROM YOUR BOX

	4 PERSON	6 PERSON
CAULIFLOWER	1	2
EGGPLANT	1	2
ZUCCHINI	1	2
LAMB MINCE	600g	600g + 300g
BROWN ONION	1	2
GARLIC CLOVE	2	3
TOMATO PASSATA	1 jar	1 jar
PARSLEY	1 packet	2 packets

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, oven tray, oven dish, stick mixer

NOTES

To save on washing up, when roasting the cauliflower, use the oven dish that you will use at step 5.

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 CAULIFLOWER

Set oven to 220°C.

Roughly chop **cauliflower** and add to an oven dish (see notes). Toss with **oil, salt and pepper**. Roast on top shelf of oven for 15–20 minutes until golden.



2. ROAST REMAINING VEG

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

6P – if necessary, spread veggies across 2 oven trays. Add 1 tbsp cumin.



3. SIMMER THE LAMB

Heat a large frypan over medium–high heat with **oil**. Slice **onion** and crush **garlic**. Add to pan along with **lamb**. Cook for 5 minutes. Add **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**.



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).

6P – use 4 tbsp butter/oil.



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.



6. FINISH AND SERVE

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

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



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