



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!



Lamb Moussaka with Whipped Cauliflower Top

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 cauliflower top.

 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	TOTAL FAT	CARBOHYDRATES
	32g	43g	24g

FROM YOUR BOX

EGGPLANT	1
ZUCCHINI	1
MEDIUM POTATOES	4
CAULIFLOWER BLOSSOMS	1 punnet
LAMB MINCE	600g
BROWN ONION	1
GARLIC CLOVES	2
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.



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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**. Roast for 10–15 minutes until golden.



2. COOK THE CAULIFLOWER

Bring a saucepan of water to boil. Peel and dice **potatoes**. Cut **cauliflower blossoms** into thirds. Add to a saucepan and simmer for 12–15 minutes or until vegetables are tender (see step 4).



3. SIMMER THE LAMB

Heat a large frypan over medium–high heat. Add **lamb** and cook, breaking up with a spoon, along with sliced **onion** and crushed **garlic** 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

Reserve **1/2 cup cooking water** before draining cauliflower and potato. Blend together with **2 tbsp butter/oil** to desired consistency using a stick mixer, adding cooking water if needed. Season to taste with **salt and pepper** (see notes).



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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