



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Eggplant

Eggplant is loved for its creamy texture after cooking. It is commonly known as a vegetable but is actually a member of the berry family!





## Speed it up!

*Instead of roasting the slices of eggplant, save time by roughly chopping it and sautéing with the mince. Instead of assembling in layers, pour the mixture into a roasting dish then add toppings.*

### 3 Moussaka with Red Lentils

The Satvik Red Lentil Dhal kit is transformed into Moussaka with lamb mince, eggplant and a lupin crumb topping.

 35 mins

 4 servings

 Lamb

2 July 2021

Per serve: **PROTEIN** 42g **TOTAL FAT** 30g **CARBOHYDRATES** 47g

## FROM YOUR BOX

EGGPLANTS	2
LAMB MINCE	400g
BROWN ONION	1/2 *
RED LENTIL KIT	1 (210g)
GREEN CAPSICUM	1
CHOPPED TOMATOES	400g
CREAM CHEESE	100g *
LUPIN CRUMB	60g
MESCLUN LEAVES	1/2 bag (100g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, 1 clove garlic, ground cumin, red wine vinegar

## KEY UTENSILS

large frypan, oven tray, oven dish

## NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

**No lamb option – lamb mince is replaced with chicken mince.** Add oil to pan and cook following step instructions.



### 1. ROAST EGGPLANT

Set oven to 220°C. Cut eggplants into 1cm thick slices. Arrange on a lined oven tray, coat in **oil**, season with **2 tsp cumin, salt and pepper**. Roast for 10–15 minutes until golden brown, turning the pieces over half way through.



### 4. ASSEMBLE MOUSSAKA

In an oven dish layer the moussaka in the following order: 1/2 the eggplant, lamb and lentil mix, remaining eggplant, dot over cream cheese, sprinkle lupin crumb, drizzle with **oil**. Roast for 5–8 minutes until golden brown.



### 2. SAUTÉ MINCE

Heat a large frypan over medium–high heat. Add the mince, cook, breaking up with a spoon, for 3–5 minutes. Slice the onion, crush **1 clove garlic**, add to pan as you go.



### 5. DRESS MESCLUN LEAVES

Whisk together **1 tbsp olive oil, 1 tsp vinegar, salt and pepper**. Add the mesclun leaves and toss them in the dressing.



### 3. ADD LENTILS

Pour in the red lentil kit, cook for 2–3 minutes. Roughly chop the capsicum, add to pan as you go. Pour in chopped tomatoes with **1 1/2 cans water, 1/2 tbsp vinegar, salt and pepper**. Cover and simmer for 12–15 minutes until lentils are tender.



### 6. FINISH AND PLATE

Evenly divide moussaka among shallow bowls, serve with mesclun leaves.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

