



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!



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

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.

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

