

Lamb Moussaka Recipe

Moussaka

Prep Time ~ 30 mins	Cooking Time ~80 mins
Approx Cost ~ £12	Difficulty ~ Easy
Freeze ~ Yes	Serves ~ 6

Tip ~ If you dislike the taste of feta, this can be omitted from the topping and replaced with grated Cheddar cheese.

Ingredients

1kg / 2 ¼ lb aubergines, trimmed

5 tablespoons olive oil

Salt and pepper

450g / 1lb onions, peeled and finely sliced

3 garlic cloves, peeled and crushed

700g / 1 ½ lb lamb mince

2 tablespoons sun-dried tomato paste

400g can chopped tomatoes

1 cinnamon stick, slightly crushed

2 bay leaves

1 tablespoon chopped oregano

Topping:

200g carton Greek style yogurt

1 large egg

50g / 2oz Parmesan cheese, grated

Ground nutmeg

75g / 3oz feta cheese, roughly crumbled

Method

- Cut the aubergines into thick slices, brush both sides with a little olive oil and lay on large baking sheets. Season with salt and pepper. Roast at 200C, Gas mark 6 for 35 - 40 minutes, turning halfway through.
- Meanwhile, heat the remaining oil in a large pan. Add the onions and cook over a low heat for 10 minutes, until soft. Add the garlic and cook for 2 minutes. Tip into a bowl and set aside.
- Put the mince in the pan and brown, stirring, over a high heat. Return the onions and garlic to the pan.
- Add the tomato paste, chopped tomatoes, cinnamon, bay leaves and oregano. Bring to a simmer and add seasoning. Simmer, half covered for 20 minutes.
- To make the topping, put the yogurt, egg and half the grated Parmesan into a bowl and season with salt, pepper and nutmeg. Mix together using a balloon whisk, until combined.
- Spoon half the lamb mixture into a 2 litre / 3 ½ pint ovenproof dish. Cover with half the aubergine slices, overlapping them as necessary. Season well and repeat the layers, finishing with aubergine slices.
- Scatter the feta on top, then pour the yogurt mixture over the crumbled feta and sprinkle with the remaining Parmesan.
- Bake for 35 - 40 minutes until golden brown.