

FIONA TUCK

NUTRITION WELLNESS YOGA



Vegetable Moussaka

This vegetarian take on the classic Greek dish replaces meat with iron-rich red lentils for a super healthy but equally delicious meat-free version. The traditional béchamel sauce is replaced with a lighter version made with Greek yoghurt.

Ingredients:

1 tablespoon extra virgin olive oil
1 onion, diced
1 clove garlic, crushed
1 cup red lentils
1 ½ cups tomato passata
2 cups chicken or vegetable stock
1 cup water
½ tablespoon Worcestershire sauce
1 teaspoon mixed herbs
½ teaspoon cinnamon
2 eggplants, sliced lengthwise into 1cm thick slices
4 large zucchinis, sliced lengthwise into 1cm thick slices

Prep: 15 mins

Cook: 50 mins

Serves: 4

Béchamel sauce

2 cups Greek yoghurt
2 eggs
½ cup grated Parmesan cheese

Directions:

1. Preheat oven to 180°C
2. Heat oil in a large saucepan over medium heat. Sauté onion for 3-4 minutes or until soft. Turn heat down slightly and add garlic, lentils, passata, stock, water, Worcestershire sauce, herbs and cinnamon. Cover and simmer for 25-30 minutes or until lentils are soft.
3. Meanwhile, spread eggplant and zucchini slices over a large oiled oven tray in a single layer (you may need to use several trays). Spray with a little extra virgin olive oil and roast for 15-20 minutes or until soft and just beginning to brown.
4. To make béchamel sauce, mix together Greek yoghurt, eggs and Parmesan cheese and season with salt and pepper.

5. Grease a large baking dish and lay 1/3 of the eggplant and zucchini slices over the base. Top with 1/2 of the lentil mixture, another 1/3 of the eggplant and zucchini, the remaining red lentil mixture and the remaining eggplant and zucchini. Spread the béchamel sauce over the top and bake for 30 minutes or until golden brown.
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