

UCOOK

Vegetarian Moussaka & Apple Tzatziki

with toasted mixed nuts

We're bringing the gorgeous shores of Greece right to your kitchen with this magic Mediterranean moussaka. Make sure to dig your fork in deep to get all the tasty layers in one bite: from the thin, golden potato rounds, the rich tomato passata, lentil & vegetable stock sauce, the creamy bechamel, and apple & cucumber tzatziki.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 1 Person

Chef: Jemimah Smith

Adventurous Foodie

Creation Wines | Creation Chardonnay

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Ingredients & Prep

200g	Potato <i>rinse & cut into thin rounds</i>
20g	Mixed Nuts <i>(10g Almonds & 10g Pine Nuts)</i>
10ml	NOMU Moroccan Rub
1	Garlic Clove <i>peel & grate</i>
5ml	Vegetable Stock
100ml	Tomato Passata
120g	Tinned Lentils <i>drain & rinse</i>
50ml	Flour Mixture <i>(40ml Cake Flour & 10ml Nutritional Yeast)</i>
125ml	Almond Milk
50ml	Greek Yoghurt
50g	Cucumber <i>rinse & finely dice</i>
1	Apple <i>rinse, core & grate ½</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Milk (optional)
Butter (optional)

1. ROAST SPUDS Preheat the oven to 220°C. Spread the potato rounds on a roasting tray. Coat in oil and season. Roast in the hot oven until soft and turning golden, 15-20 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. TOASTY ALMONDS Roughly chop the mixed nuts. Place the nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. TOMATO HEAVEN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the NOMU rub and the grated garlic until fragrant, 1-2 minutes (shifting constantly). Stir in the stock, the tomato passata, the drained lentils, a sweetener (to taste), and 150ml of water. Simmer until slightly reduced and thickened, 12-15 minutes. Loosen with a splash of water if it's too thick.

4. BEST BÉCHAMEL Place a small pot over medium heat with 30ml of oil or butter (optional). When hot, vigorously whisk in the flour mix to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the almond milk until thickened slightly (stirring constantly). If the béchamel is too thick for your liking, add an extra splash of water or milk (optional). Season and remove from the heat.

5. MMMOUSSAKA When the sauces and potato are done, pour a thin layer of the lentil-tomato sauce into an ovenproof dish. Top with a layer of the potato rounds. Dollop over some of the béchamel sauce and spread out evenly. Repeat the layers until everything is finished. Sprinkle the top layer with seasoning. Turn the oven to grill or the highest setting and grill until golden, 10-12 minutes.

6. APPLE TZATZIKI In a bowl, combine the yoghurt with the diced cucumber, the grated apple, a drizzle of olive oil and seasoning. Set aside.

7. GREEK FEAST! Plate up a hearty portion of the moussaka. Sprinkle over the toasted almonds and dollop with the fresh apple tzatziki. Opa, Chef!



Chef's Tip

Feel free to use plant-based dairy alternatives in this recipe!

Nutritional Information

Per 100g

Energy	428kj
Energy	102kcal
Protein	5.1g
Carbs	17g
of which sugars	3.8g
Fibre	4.1g
Fat	1.8g
of which saturated	0.3g
Sodium	125mg

Allergens

Cow's Milk, Gluten, Allium, Wheat,
Sulphites, Tree Nuts

Eat
Within
4 Days