



UCCOOK

Greek Aubergine Moussaka

with a quick bechamel sauce, green
leaves & fresh parsley

There's no denying that many great things came out of Greece, including the magical moussaka! This veggie version is packed with awesome aubergines, a quick bechamel sauce and melty golden cheese. It really can't get any better than this!

Hands-On Time: 45 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Ella Nasser

 Vegetarian

 Warwick Wine Estate | First Lady Cabernet
Sauvignon

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Ingredients & Prep

750g	Aubergine <i>trimmed & cut into thin rounds</i>
2	Onions <i>1½ peeled & finely diced</i>
22,5ml	Moussaka Rub <i>(15ml NOMU Italian Rub & 7,5ml Ground Cinnamon)</i>
3	Garlic Cloves <i>peeled & grated</i>
15ml	Vegetable Stock
600g	Cooked Chopped Tomato
120ml	Cake Flour
375ml	Fresh Milk
150g	Grated Mozzarella & Cheddar Cheese Mix
60g	Green Leaves <i>rinsed</i>
12g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Sugar/Sweetener/Honey

1. GOLDEN AUBS Preheat the oven to 220°C. Spread out the aubergine rounds on a roasting tray, coat in oil, and season. Roast in the hot oven for 20-25 minutes until softened and starting to brown, shifting halfway.

2. FLAVOURFUL TOMATO SAUCE Place a pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the diced onion for 6-8 minutes until soft and translucent, shifting occasionally. Add the rub, and the grated garlic and fry for about 1 minute, until fragrant, shifting constantly. Stir in the stock, the cooked chopped tomato, a sweetener of choice (to taste) and 120ml of water. Simmer for 15-20 minutes until slightly reduced and thickened. If the sauce reduces too quickly, lower the heat and add a splash of water.

3. BANGING BECHAMEL Place a small pan over a medium heat with 80g butter. Once melted, vigorously whisk in the flour to form the roux. Cook out for 1-2 minutes, whisking constantly. Slowly whisk in the milk, whisking constantly until thickened slightly. If the bechamel is too thick for your liking, add an extra splash of milk. Remove from the heat on completion.

4. MOUSSAKA MAGIC When the sauces and aubergines are done, pour a thin layer of the tomato sauce into an ovenproof dish. Top with a layer of the aubergine rounds. Dollop over some of the bechamel sauce (to taste) and spread it out evenly. Repeat the layers until everything is finished. Sprinkle the top layer with the cheese and seasoning. Turn the oven on to grill or the highest setting and grill the moussaka until the cheese is golden and bubbling, about 5-8 minutes. In a salad bowl, toss the green leaves with a drizzle of oil and seasoning.

5. MY BIG FAT GREEK FEAST Plate up a hearty portion of the aubergine moussaka. Sprinkle over the chopped parsley and serve with dressed green leaves on the side. Opa, Chef!

Nutritional Information

Per 100g

Energy	301kJ
Energy	72Kcal
Protein	3.3g
Carbs	9g
of which sugars	3.9g
Fibre	2.3g
Fat	2.6g
of which saturated	1.4g
Sodium	163mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 1
Day