



# 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!

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**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** Ella Nasser

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 Vegetarian

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 Warwick Wine Estate | First Lady Cabernet  
Sauvignon

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## Ingredients & Prep

250g	Aubergine <i>trimmed &amp; cut into thin rounds</i>
1	Onion <i>½ peeled &amp; finely diced</i>
7,5ml	Moussaka Rub <i>(5ml NOMU Italian Rub &amp; 2,5ml Ground Cinnamon)</i>
1	Garlic Clove <i>peeled &amp; grated</i>
5ml	Vegetable Stock
200g	Cooked Chopped Tomato
40ml	Cake Flour
125ml	Fresh Milk
50g	Grated Mozzarella & Cheddar Cheese Mix
20g	Green Leaves <i>rinsed</i>
4g	Fresh Parsley <i>rinsed, picked &amp; 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 15-20 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 4-6 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 40ml of water. Simmer for 12-15 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 40g 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