



UCCOOK

Vegetarian Moussaka & Apple Tzatziki

with toasted mixed nuts

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jemimah Smith

Wine Pairing: Delheim Wines | Delheim Chenin Blanc
(Wild Ferment)

Nutritional Info

	Per 100g	Per Portion
Energy	447kJ	3939kJ
Energy	107kcal	942kcal
Protein	5.4g	47.5g
Carbs	17g	152g
of which sugars	4.4g	38.7g
Fibre	4.1g	36g
Fat	2g	17.9g
of which saturated	0.6g	4.9g
Sodium	121mg	1070mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into thin rounds</i>
20g	40g	Mixed Nuts <i>(10g [20g] Almonds & 10g [20g] Pine Nuts)</i>
10ml	20ml	NOMU Moroccan Rub
1	1	Garlic Clove <i>peel & grate</i>
5ml	10ml	Vegetable Stock
100ml	200ml	Tomato Passata
120g	240g	Tinned Lentils <i>drain & rinse</i>
50ml	100ml	Flour Mixture <i>(40ml [80ml] Cake Flour & 10ml [20ml Nutritional Yeast])</i>
125ml	250ml	Low Fat UHT Milk
50ml	100ml	Greek Yoghurt
50g	100g	Cucumber <i>rinse & finely dice</i>
1	1	Apple <i>rinse, core & grate ½ [1]</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 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 garlic until fragrant, 1-2 minutes (shifting constantly). Stir in the stock, the tomato passata, the lentils, a sweetener (to taste), and 150ml [300ml] 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 [60ml] 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 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. 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 cucumber, the 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!