

# WCOOK

## Vegetarian Moussaka & Apple Tzatziki

with toasted mixed nuts

**Hands-on Time:** 55 minutes

**Overall Time:** 70 minutes

**Adventurous Foodie:** Serves 3 & 4

**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 3	[Serves 4]	
600g	800g	Potato <i>rinse &amp; cut into thin rounds</i>
60g	80g	Mixed Nuts <i>(30g [40g] Almonds &amp; 30g [40g] Pine Nuts)</i>
30ml	40ml	NOMU Moroccan Rub
2	2	Garlic Cloves <i>peel &amp; grate</i>
15ml	20ml	Vegetable Stock
300ml	400ml	Tomato Passata
360g	480g	Tinned Lentils <i>drain &amp; rinse</i>
150ml	200ml	Flour Mixture <i>(120ml [160ml] Cake Flour &amp; 30ml [40ml Nutritional Yeast)</i>
375ml	500ml	Low Fat UHT Milk
150ml	200ml	Greek Yoghurt
150g	200g	Cucumber <i>rinse &amp; finely dice</i>
2	2	Apples <i>rinse, core &amp; grate 1½ [2]</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, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. NUTTY CRUNCH** 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. 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 450ml [600ml] of water. Simmer until slightly reduced and thickened, 15-20 minutes. Loosen with a splash of water if it's too thick.

**4. BEST BÉCHAMEL** Place a small pot over medium heat with 90ml [120ml] 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 nuts and dollop with the fresh apple tzatziki. Opa, Chef!