



Eggplant Moussaka

Ingredients

- 2 large Eggplant, peeled and diced
- 2 tsp salt
- 4 tbsp Vegetable oil
- 1 Medium Onions, finely chopped
- 600 g Minced lamb
- 1 Medium Green chili, chopped
- 5 Cloves Garlic, finely chopped
- 20 g Tomato Paste
- 2 tsp Ground cinnamon
- 1 tsp salt
- 1 tsp Ground Black Pepper
- 1 tsp dried oregano
- 2 large Tomatoes, diced
- 1 Sachet MAGGI® Béchamel with Cheese Mix
- 6 tbsp Mozzarella cheese, grated

Instruction

1. Preheat oven to 180°C and place rack on medium level.
2. Peel and slice eggplant into 2 cm disks. Sprinkle with salt and allow bitter juices to drain for 30 mins. Pat dry with a kitchen towel and fry in batches in vegetable oil, remove from pan and set aside.
3. Using the same pan, sauté onions until golden. Add the minced lamb and continue cooking until lamb is fully cooked. Add chili, garlic, tomato paste cinnamon, black pepper and oregano and cook for 10 mins.
4. Meanwhile, prepare béchamel sauce by following instructions on MAGGI® Béchamel with cheese mix sachet , bring to a boil and allow to cook for 2-3 mins until thickened.
5. Line half the prepared eggplant and tomatoes on the bottom of a baking dish, cover with minced lamb mixture and line the remaining eggplant and tomatoes over meat.
6. Pour the prepared sauce over the top and sprinkle with Mozzarella cheese.
7. Bake in preheated oven for 25-30 mins or until cheese is golden.
8. Allow to cool slightly before serving.

Nutrition

Carbohydrates	14.82 g
Energy	407.51 kcal
Fats	28.49 g
Protein	23.78 g

🕒 45 Minutes

⊕ 6 Servings