Eggplant & Kofta Bechamel with Tahini

Ingredients

- 2 Mediums Eggplant, peeled and diced
- 1 tsp Olive oil
- 1 Medium Onions, finely chopped
- 1 tsp Vegetable oil
- 400 g Lean beef kofta
- 0.5 cup Tahini
- 750 g Skimmed milk
- 1 Sachet MAGGI® Bechamel Mix
- 0.5 cup Nuts, pine nuts, dried
- 3 tbsp Parsley, fresh
- 2 pieces Lemon wedges

Instruction

1. Preheat oven to 180°C and place rack on medium level.
2. Cut eggplant lengthwise into 3/4cm thick pieces with skin on to 12 sheets, rub with olive oil and bake on an oven pan until soft and slightly brown. Remove and allow to cool enough to handle.
3. Divide and shape kofta meat into 12 small patties, about 5mm thick. Bake in oven until cooked, but not brown. Remove and allow to cool slightly.
4. Meanwhile sauté onions in vegetable oil until soft and golden. Set aside to cool slightly.
5. Prepare sauce by combining MAGGI® Béchamel Mix and skimmed milk in a deep saucepan. Stir over medium heat until thick. Stir in tahini and remove from heat. Pour half of the sauce in an ovenproof baking dish.
6. Place an eggplant sheet on a flat work surface. Place 1 kofta patty and a tablespoon of cooked onion, then roll into a wrap. Place the rolled eggplant over the béchamel in the dish. Repeat for the remaining eggplant and filling. Pour remaining sauce over top and bake in a preheated oven for 15-20 mins until the sauce is bubbling and slightly golden.
7. Remove and garnish with toasted pine seeds and parsley and serve with lemon wedges.

Nutrition

Carbohydrates	24.07 g
Energy	362.9 kcal
Fats	20.98 g
Protein	22.27 g

40 Minutes

7 Servings