

Red Lentil & Aubergine Moussaka



Serves 4 - 6

Prep 30 mins

Cooking 30 mins - 1h

Easy

Ingredients

For the filling

100g red lentils
400g aubergines, sliced into thin rounds
50ml vegetable oil
salt and freshly ground black pepper
1 red onion, finely chopped
1 red pepper, finely chopped
50g tomato purée
400g tin chopped tomatoes
1 cinnamon stick
2 tbsp chopped fresh parsley

For the topping

125g ricotta
125g Greek-style yoghurt
3 free-range eggs
freshly grated nutmeg
salt and freshly ground black pepper
50g freshly grated pecorino or parmesan

1. Preheat oven to 180C/160 Fan/Gas 4 & cook the lentils as per packet instructions.
2. For the filling, brush the aubergine slices with the vegetable oil, then season to taste, with salt and freshly ground black pepper.
3. Heat a frying pan over a medium heat, add the aubergine slices in batches and fry for 2-3 minutes on each side, or until golden-brown on both sides. Remove from the pan with a slotted spoon and set aside to drain on kitchen paper.
4. Add the onion and pepper to the pan and fry for 2-3 minutes, or until softened.
5. Add the tomato purée, stir to coat the veggies in it, & continue to fry for 4-5 mins.
6. Drain the tin of tomato, but retain the tomato liquid. Add the chopped tomatoes & cinnamon stick & simmer for 4-5 mins. If the mixture gets too dry, add some of the retained liquid.
7. Add the lentils and simmer for a further 2-3 minutes, or until warmed through.
8. Put a ladleful of the aubergine mixture into an ovenproof dish. Top with slices of the aubergine. Repeat until all the slices & the mixture are used. Sprinkle with chopped parsley.
9. For the topping, in a bowl, beat together the ricotta, Greek-style yoghurt, eggs and grated nutmeg until well combined. Season, to taste, with salt and freshly ground black pepper.
10. Pour the mixture into the ovenproof dish to top the filling. Sprinkle over grated parmesan.
11. Transfer the veggie moussaka to the oven and bake for 25-30 minutes, or until the topping is golden-brown and has set and the filling is bubbling. Serve immediately.