

# Vegetarian moussaka



160g brown lentils (uncooked)  
600g white potatoes, peeled  
1 tsp coconut oil  
2 medium-sized white onions,  
finely chopped  
2 garlic cloves, finely chopped  
4 sprigs fresh thyme (leaves only)  
½ tsp dried oregano  
½ tsp ground cinnamon  
1 tbsp tomato purée  
400g tinned chopped tomatoes  
1 organic vegetable stock cube  
½ tsp sea salt  
1 tsp ground black pepper  
2 large aubergines, thinly sliced  
225g ricotta cheese (use dairy free  
cheese if preferred)  
55g mature Cheddar, grated (use  
dairy free cheese if preferred)  
2 tbsps fresh parsley, chopped

**SERVES 5**



PER SERVING:  
274 Calories  
**31g Carbs**  
**15g Protein**  
**10g Fat**

Preheat oven to 200°C/400°F. Soak the lentils in cold water and set aside. Place the potatoes into a large saucepan. Cover with water then bring to the boil. Reduce heat and simmer for 15 minutes, or until fork-tender. Drain and set aside.

Heat the oil in a saucepan over a medium heat. Add the onions and fry for 5 minutes, stirring occasionally until soft. Add the garlic, thyme, oregano, cinnamon and tomato purée and cook for 1 minute.

Add the tomatoes, salt and pepper and 800ml recently boiled water. Crumble in the stock cube. Drain the lentils then add to the saucepan. Stir and simmer for 20 minutes, or until the lentils are tender.

Heat a skillet until hot, then griddle the aubergine until brown and slightly soft. Slice the potatoes (approximately 5mm thickness). Pour half of the lentil sauce into a medium-sized oven dish then layer half the potatoes and aubergines over the top. Add the remaining lentils, potatoes and aubergines.

Top with the cheese. Bake for 25 minutes, or until golden brown. Garnish with parsley.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*

