






MOUSSAKA

-  **Prep: 20-25 minutes**
-  **Cook: 30-35 minutes**
-  **Serves: 4**

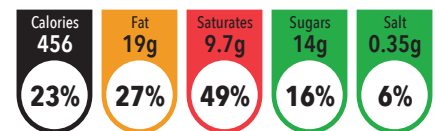
INGREDIENTS:

- 500g pack lean minced lamb
- 1 onion, chopped (200g)
- 1 tsp ground cinnamon
- 1 tsp dried oregano
- 400g can chopped tomatoes
- 1 tbsp tomato puree (25g)
- 1 tsp **LoSalt**
- 300g potatoes, cut into ½ cm slices
- 1 aubergine, cut into 1cm slices (275g)
- 25g unsalted butter
- 25g plain flour
- 300ml milk
- 1 medium egg, beaten

METHOD:

1. Preheat the oven to 200°C, gas mark 6.
2. Fry the lamb, onion, cinnamon and oregano in a large saucepan for 5 minutes. Stir in the tomatoes plus ½ the can filled with water, tomato puree and half the **LoSalt**, cover and cook for 10 minutes, remove the lid and cook for a further 5-10 minutes.
3. Meanwhile, cook the potatoes in boiling water for 5-8 minutes or until just tender, drain and set aside. Brush the aubergine with a little oil and fry in a nonstick frying pan for 1-2 minutes each side and set aside.
4. Melt the butter in a small saucepan and add the flour, cook for 30 seconds and whisk in the milk and remaining **LoSalt**, bring to the boil, stirring until thickened, cool slightly then stir in the egg.
5. Place half the mince in an ovenproof serving dish, add a layer of potatoes then top with remaining mince. Lay the aubergines on top in a single layer and spoon over the white sauce. Bake for 30-35 minutes until golden.
6. Serve with a Greek salad.

Each serving contains



of your guideline daily amount

COOKS TIP:

Try using minced beef, pork or turkey instead of the lamb.