



Lamb Moussaka



A beloved treasure straight from the heart of Greece.



4 servings



80 minutes

INGREDIENTS

- 1 tbsp. olive oil
- 500g lean minced lamb
- 1 large onion, chopped
- 2 cloves of garlic, chopped
- 2 tsp. dried oregano
- 1 tsp. ground cinnamon
- 2 tbsp. tomato purée
- 200g can chopped tomatoes or passata
- 200ml red wine
- 1 large baking potato, 250g, finely sliced
- 1 large aubergine, 1 cm slices lengthways
- 2 courgettes, 1 cm slices lengthways

For the béchamel sauce

- 25g butter
- 25g plain flour
- 300ml milk
- A pinch of ground nutmeg
- Salt and freshly ground black pepper

DIRECTIONS

1. Heat the olive oil in a pan and add the minced lamb, onions and oregano. Cook for 5 minutes until the meat is brown and crumbly, and the onions have softened. Now add the garlic and cook for a further minute, then stir in the cinnamon and season with salt and pepper.
2. Stir in the chopped tomatoes or passata, the tomato purée and red wine. Cover and simmer for 20 minutes.
3. Make the sauce: Melt the butter over a medium heat in a small saucepan. Blend in the flour and continue to cook, stirring for 30 seconds or so to lightly brown the flour to a paste. Gradually blend in the milk, a little at a time, whisking to form a smooth, creamy sauce. Add a little grated nutmeg and season to taste.
4. Spread half the meat in the base of a shallow oblong ovenproof dish (about 28 x 20 x 6cm deep), then layer with potato, aubergine, courgette, the minced lamb, potato, courgette and finally aubergine. Do not worry if the layers are not equal.
5. Pour over the béchamel sauce, then pop into a preheated oven at 180°C (fan 160°C) / Gas 4 and cook for 35-45 minutes or until the top is golden brown. Let cool for about 40 minutes and serve with salad on the side.



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