

IDDSI Level 5 / 6

Moussaka

Lunch / Dinner

Recipe source:
MND Association

Time to make:
1 hour 50 minutes

Servings: 2-4

Ingredients:

400g minced beef or lamb
2 aubergines (skinned and seeds removed)
2 large onions, diced
2 eggs
1 garlic clove, crushed
3-4 tbsp olive oil
1 400g tin chopped tomatoes
150ml of tomato purée
Generous splash of white / red wine
150ml cream
A handful of fresh oregano, chopped
A handful of fresh parsley, chopped
½ tsp ground cinnamon
25g parmesan cheese, finely grated
Salt and pepper

Dietitian's Top Tips:

You can adapt this dish based on your goals:

- If you want to lose weight, try using lean mince and reduced fat cream.
- If you want to gain weight, try to use full fat cream and add extra cheese.

Instructions:

- Fry the onions until golden and set aside.
- Brown the meat, then add wine (or a little stock). Stir until most of the liquid evaporates, and add fried onion.
- Stir in the cinnamon, garlic, chopped tomatoes, tomato purée and 1 tbsp water. Season with salt and pepper, then add the oregano and parsley. Cover and simmer gently for 50 minutes, stirring occasionally.
- While the meat is cooking, peel, deseed and cut aubergines to the correct size – finely diced to 4mm pieces (Level 5) or into 1.5cm chunks (Levels 4 and 6) then fry in oil until lightly browned.
- Arrange aubergines in an ovenproof dish. Layer the cooked meat mix on the aubergines.
- Beat together the eggs and cream, add salt and pepper, and pour over the mix.
- Bake in the oven (180 C, 160 C fan oven, gas mark 4) for approximately 50 minutes, until bubbling and golden. Level 5 may need less cooking time.

Note:

As this recipe takes a little time, batch cook and freeze extra portions.