



EGGPLANT MOUSSAKA

Orange & oregano salad

MASTERCLASS INGREDIENT BOX RECIPE | COOK: 25MINS

INGREDIENTS:

1. Eggplant
2. Beans
3. Capsicum
4. Black lentil mix
5. Bechamel
6. Cheese
7. Orange
8. Oregano

METHOD:

1. Preheat the oven to 180 degrees fan-forced. Line a baking tray with paper and set aside.
2. Preheat a pan over a medium heat.
3. Cut the eggplants into 1cm thick rounds. Add a generous splash of your preferred oil to the preheated pan and cook the eggplants in batches for 1-2 minutes each side, adding more oil when needed. Season to taste as you go. Transfer the cooked eggplants to a plate.
4. Roughly chop the red capsicum and beans. Add more oil to the pan and cook them for 3 minutes or until just tender.
5. To prepare the moussaka, begin with a layer of eggplant slices on the bottom followed by a layer of the lentil and tomato mix. Repeat this process once, then add a layer of capsicum and beans. Add another layer of eggplant slices, then finish with a layer of béchamel and cheese. Bake for 15 minutes.
6. To prepare the salad, peel the orange and cut out the segments. Roughly chop some oregano and combine. Dress the simple salad with some olive oil and season to taste.
7. To plate up, place the moussaka on to the plate followed by some orange salad on the side.