



ACREAMY LENTIL MOUSSAKA

Prep. time 10 minutes | Cooking time 45 minutes | Pre-heat 180°C | Serves 2
A rich and hearty meal, our Creamy Lentil Moussake is full of flavour and will warm you as the evenings become cooler

Ingredients

- 1 tablespoon olive oil
- 1 red onion, diced
- 1 red pepper, chopped
- 2 cloves garlic, crushed
- 2 tablespoons sundried tomato puree
- 1 x can chopped tomatoes
- 1 x can green or brown lentils, drained
- Large handful fresh spinach
- 2 aubergines, thinly sliced
- 200g coconut yogurt
- 1 tablespoon cornflour
- ¼ teaspoon grated nutmeg
- Salt & black pepper
- 100g [Bute Island Edam Style Sheese](#), grated
- Fresh parsley, chopped



Cooking Method

1. Preheat the oven to 180C and lightly grease a medium oven-proof dish.
2. Heat the oil in a pan and add the onion pepper and garlic. Cook on a medium heat for 8-10 minutes until softened.
3. Add the sundried tomato paste, chopped tomatoes and lentils and simmer for 10 minutes.
4. Meanwhile fry the aubergine slices in batches for a few minutes on each side to soften.
5. Place half the lentil mixture into the dish then arrange a layer of aubergine slices over. Repeat.
6. Beat together the coconut yogurt, cornflour, nutmeg, salt and black pepper, Sheese and parsley then spread over the top to cover. Bake for 20-25 minutes until bubbling - then serve!