



Stuffed Aubergine Moussaka

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

- 1 aubergine, sliced in half lengthways
- 100g lean minced lamb or turkey
- Half a small red onion
- 8 cherry tomatoes, halved
- 1 tbsp tomato puree
- 50g green lentils
- Some parsley
- 50g light soft cheese
- 50ml skimmed milk
- 1 small egg
- 1 tsp flour
- 1 tsp butter
- A bit of lemon

Instructions

1. Scoop out the aubergine flesh and dice. Put a bit of salt and lemon juice over the two empty halves, turn upside down and set aside.
2. Fry the onion and mince to brown, then add in the diced aubergine, tomatoes, puree and lentils to cook through.
3. Divide the mixture into the two aubergine halves. Bake them at 190 degrees C for 40 minutes, during which you can prepare the sauce.
4. Sauce: gently heat the milk, butter and flour in a pan til it starts to simmer. Take off the heat and slowly beat in the cheese and egg.
5. Add the sauce to the top of your stuffed aubergines once they're cooked

through, then return to the oven for another 15 minutes to cook the topping.