



## Food For Thought Recipe and Allergen Card

### Vegetable Moussaka

50 Portions

Ingredient	Hannah Product Code	Quantity
Red Lentils		2kg
Onions finely Chopped		4 Onion
Aubergines		5 Aubergine
Potato		6 Lg Potato
Chopped Tomato		1 Tin
Garlic		1 Bulb
Cinnamon		2 Tsp
Dried Oregano		4 Tbsp
Fresh Flat Leaf Parsley		100 gm
Bechamel Sauce *		2 Litres
Red Wine ( Optional )		100ml
Olive Oil		25ml
Nutmeg		2 Tsp

#### RECIPE METHOD

1. Cut Aubergines lengthways in 5mm slices, brush with olive oil both sides, season and place on a tray, cook in pre-heated oven (180c) for 25 minutes, put to one side.
2. Put a splash of olive oil into a pan and slowly fry the onions till soft. Add the Garlic, Cinnamon & Oregano and cook for a further 5 mins.
3. Add the soaked lentils to the Onion mix and fry, stir in the chopped Tomato, Wine and 500ml of water/stock and cook till slightly dry. Season well and add the chopped Parsley.
4. Slice the Potatoes thinly and fry gently in a pan till nearly soft.
- 5.\* Make the Bechamel sauce as per FFT \* recipe but add some grated mature Cheddar Cheese, 6 beaten eggs and 1 tsp nutmeg
6. In 2 large Gastro trays (6cm deep) arrange the sliced potatoes at the bottom, cover with vegetable mix, place the slices of Aubergine on top. Pour Bechamel over the Aubergine to completely cover.
7. Bake in the oven at 160c for 45-60 mins till golden brown.
8. Leave to rest for 15 mins before serving

The allergens highlighted in **RED** are present in this dish

Allergens:

Cereals : **Wheat**

Rye

Barley

Oats

Spelt

Kamut

**Milk**

**Eggs**

Peanuts

Tree Nuts

Sesame

Fish

Crustaceans

Molluscs

Celery

Mustard

Soya

Lupin

Sulphites

May contain...