

Egyptian Moussaka

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AN INCREDIBLY TASTY DISH AND GREAT FOR SHARING WITH FRIENDS AND FAMILY, WHILST STILL MAINTAINING HEALTHY EATING HABITS.

For the Tomato Sauce:

- 1 teaspoon olive oil
- 2 cloves minced garlic
- 2 tablespoons tomato paste
- 1 15 ounce can diced tomatoes

- 1 teaspoon salt
- 1 teaspoon crushed coriander seeds
- 1 teaspoon fresh thyme

Veggies:

- 3/4 large eggplant (Cut into medallions)

For the Mushroom + Veggie Saute:

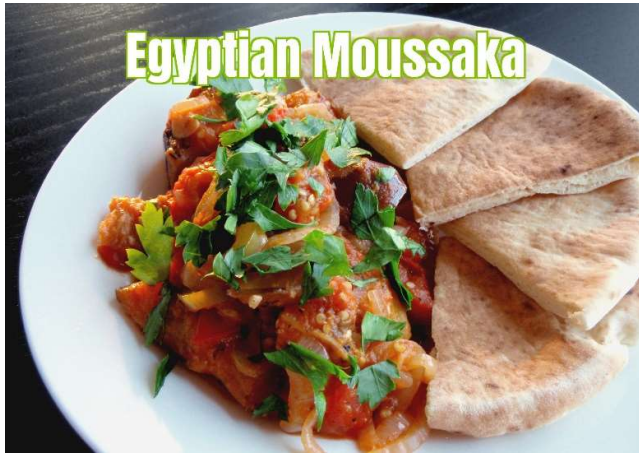
- 2 cups diced mushrooms
- 1 diced red bell pepper
- 2 cloves minced garlic
- 1/2 teaspoon ground cumin
- 1/2 teaspoon crushed coriander
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- Currants or golden raisins

For the Yogurt Sauce:

- 2 tablespoons plain Greek style yogurt
- 1 tablespoon chopped fresh basil
- 1 tablespoon tahini
- Salt to taste

Read page two for method.





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Method:

Preheat oven to 180c. Line a large baking sheet with silicone baking mat or parchment paper. Evenly place sliced eggplant on baking sheet. Drizzle over a bit of olive oil and bake for 20 min. or until light golden brown.

While eggplant is baking, heat a large skillet over medium-high. Add olive oil and heat till shimmering. Sauté garlic for a few seconds, then add tomato paste and spices. Stir and cook for 1 min. to toast a bit.

Pour in diced tomatoes and fresh thyme. Bring sauce to a low boil, reduce heat to medium-low, cover, and let simmer for 15-20 min. while preparing the rest.

In a medium skillet, heat a bit of olive oil. Add garlic, mushrooms, and bell pepper. Sauté for 5-6 min. or until mushrooms have lost most of their moisture and bell pepper is soft. Add spices and cook for 2 min. more. Set aside.

Assemble: In a casserole dish or deep baking dish spread 1 heaping spoonful of tomato sauce. Array a few eggplant slices to cover the bottom of the dish. Spoon on veggies, follow with more sauce and a sprinkle of currants. Repeat a few times until ingredients are used up. Bake for 15 min. or until heated through and the sauce has caramelized a bit on the sides.

While moussaka is baking prepare the sauce. Whisk together all ingredients in a small bowl. Serve by dishing up a bit of the moussaka, spoon over yogurt sauce, and garnish with chopped fresh basil. Enjoy!

