

Recipe

lamb moussaka

Our lamb moussaka is inspired by the delightful tastes of Greek cuisine. This wholesome dish features a tender and flavourful lamb stew, seasoned with cinnamon and oregano. We then add chickpeas and aubergine for extra goodness, all tucked between layers of soft, thinly sliced potatoes. It's a tasty adventure for little ones! Serve with flatbread, dips and even falafel.



Ingredients

a glug of veg oil	½ tsp ground cinnamon	300g of passata
1 large red onion - chopped	1 tsp ground cumin	500ml of water
500g lamb mince	1 tsp dried oregano	1 lamb stock cube
1 aubergine - diced	1 tin of chickpeas - drained	
1 courgette - diced	1 tbsp of tomato paste	
3 cloves of garlic - finely chopped		

Method

add oil to a wide based pan
add red onion and caramelize gently until golden and sweet
remove onion from pan and put in a bowl to the side
add lamb mince and cook until brown
return onion to the pan
add diced aubergine, grated courgette and finely chopped garlic and mix well
add drained chickpeas and tomato paste and mix well to gently cook
add passata, water and lamb stock and bring to a simmer
gently cook for 1 hour until the sauce is reduced and thickened
layer lamb base in oven dish and top with cooked (simmered) potato slices, bechamel and lots of grated cheese and bake for 45 minutes at about 180°C until piping hot and bubbling

Please note: This recipe is correct at the time of publication on 08/03/2024. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

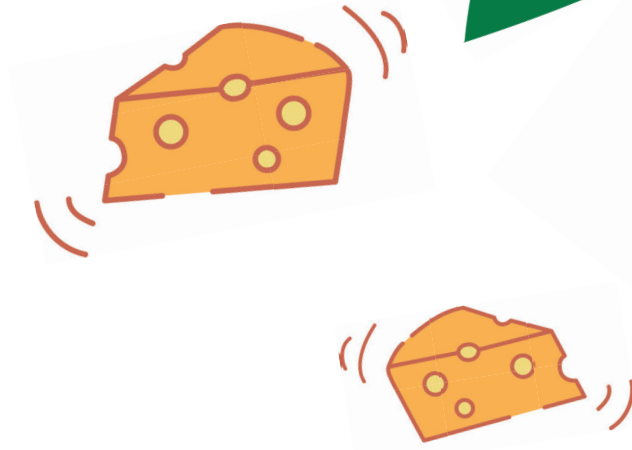
Nutritious delight with every bite

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bechamel sauce ingredients and method

Ingredients

unsalted butter - 40g
1 small onion - chopped
2 garlic cloves - chopped
plain flour - 30g
milk - 525ml



Method

In a medium heat wide based pan allow butter to melt
Add chopped onion and allow to gently cook for 15 minutes until soft and golden, stirring occasionally
Add chopped garlic and cook for 2 minutes
Add flour and mix well to incorporate into butter in pan until it is stiffer and paste like
Add a splash of milk and stir everything well, ideally using a soft silicone spatula, if not a whisk
Add milk in bit by bit, with each addition stirring well and allowing the milk to be soaked into the paste and become thicker
Slowly with each addition it will become more like a sauce and as long as you are patient, mix well and add milk little by little then there will be no floury lumps in sauce
The sauce is ready once all milk is added!

Please note: This recipe is correct at the time of publication on 04/10/2023. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

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