

VEGETARIAN MOUSSAKA

2 persons / 539 kcal per person

Ingredients:

- 1 medium onions
- 1 clove of garlic
- 1 tablespoon of olive oil
- 100 grams of vegetarian minced meat
- 175 grams of tomato frito
- ½ teaspoon of ground cinnamon
- 50 ml of tap water
- 1 eggplant
- 75 grams of grated young cheese 48+
- ½ multigrain pre-baked bread
- pepper and salt



Preparation:

Preheat the oven to 200 °C. Chop the onion and the garlic. Heat the oil in a frying pan and fry the onion for 2 minutes over medium heat. Add the garlic and fry for 1 minute. Add the loose pieces and cook for 2 minutes. Add the tomato frito and fry for 1 minute. Add the cinnamon and water and season with salt and pepper. Heat the sauce for 3 min. Cut the eggplant into ½ cm round slices. Boil the eggplant slices in boiling water with salt for 1 minute. Drain it. Place half of the eggplant in the baking dish. Cover with the ground beef mixture and the rest of the eggplant. Sprinkle with the cheese and bake in the middle of the oven for about 30 minutes. Bake the multigrain baguette in the last 10 minutes.

Nutritional value per person:

Energy:	539 kcal
Protein:	29.4 grams
Carbohydrates:	44.5 grams
- including sugars:	14.9 grams
Fat:	23,3 grams
Fiber:	10,3 grams
Salt:	3,2 grams