

QUICKLY PREPARED MOUSSAKA

2 persons / 577 kcal per person

Ingredients:

- 1 medium onions
- 1 clove of garlic
- 1 tablespoon of olive oil
- 100 grams of minced meat
- 175 grams of tomato frito
- ½ teaspoon of ground cinnamon
- 50 ml of tap water
- 1 eggplant
- 75 grams of grated cheese for oven gratin
- 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 minced meat and fry it loose 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. Divide half of the eggplant over 2 oven dishes (This is useful for 2 persons, use a large bowl for 4 persons). 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 20-25 minutes. Bake the multigrain baguette in the last 10 minutes.

Nutritional value per person:

Energy:	577 kcal
Protein:	27.8 grams
Carbohydrates:	45.4 grams
- including sugars:	13.1 grams
Fat:	30.1 grams
Fiber:	6.0 grams
Salt:	2.5 grams