

Moussaka (low-fat)

Serves 6

258Kcal/10g fat per serving

INGREDIENTS:

- 1 large onion, chopped
- 2 garlic cloves, crushed
- 450g (1lb) lean minced lamb
- 1 tablespoon chopped fresh thyme
- 1 x 400g tin of chopped tomatoes
- 1 tablespoon tomato puree
- 1 large aubergine
- 300ml low-fat natural yoghurt
- 1 egg beaten
- 1 teaspoon English mustard powder
- 2 tablespoons chopped fresh parsley to garnish
- Salt and pepper to season



METHOD:

1. Preheat oven to 180C gas mark 4.
2. Dry fry the onion in a non-stick frying pan over a medium heat until soft. Add the garlic and the lamb. Cook quickly until the meat is well sealed. Add the thyme, tomatoes, and tomato puree. Simmer gently and season with salt and black pepper.
3. Preheat a grill to medium heat. Cut the Aubergine into thin slices, place on a non-stick baking sheet and season with plenty of black pepper and salt. Place under pre-heated grill for 2-3 minutes on each side until golden.
4. Place alternate layers of the Lamb mixture and Aubergine in an ovenproof dish. Combine the yoghurt with the beaten egg and mustard, season well, then pour over the lamb.
5. Bake for 30-35 minutes or until golden brown. Sprinkle over chopped parsley and serve.

This low-fat recipe, written by Rosemary Connelly, was 'Tried & Tested' for us by Lorna Wilson at a virtual dinner party organised for a family birthday during the coronavirus lockdown.

