

**MOUSSAKA** Aubergine or Eggplant and mince bake modified healthy recipe



**INGREDIENTS**

250g onion, finely chopped  
250g mushrooms, finely chopped  
440g tinned tomatoes  
1 clove garlic crushed  
15ml vegetable oil  
150ml stock  
225g Lean minced lamb  
4 Aubergines, sliced, lightly salted and drained  
1 teaspoon mixed herbs  
40g mature low fat cheddar grated  
1 slice whole mean bread for breadcrumbs

**METHOD**

1. Cook the onions, mushrooms and garlic in the oil in a large non-stick pan
2. Add the meat and cook for a further minute
3. add the stock, tomatoes and herbs
4. Cook the aubergine slices in a little water to soften
5. place alternate layers of meat and aubergine slices in an oven proof dish, finishing with a layer of aubergines
6. combine the cheese and breadcrumbs then sprinkle onto the dish
7. Bake at 180°C gas mark 4 for 40 minutes