

# DINNERLY



## Veggie Eggplant Moussaka with Lentils



40-50min



2 Servings

We've been living in our hibernation clothes for some time now, so it feels appropriate that, like the squirrels, we're loading up! Not on acorns, silly....On dinner! This comfort food meal serves up a little more, so you can choose-your-own-adventure. Choose to fill your plate with an extra serving OR store it away for the next day OR share with a hibernating friend! It's a win-win-win. We've got you covered!

### WHAT WE SEND

- 1 red onion
- 14½ oz whole peeled tomatoes
- 1 eggplant
- ¼ oz ras el hanout
- 2 (3 oz) French green lentils
- 2 (¾ oz) Parmesan <sup>7</sup>

### WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- all-purpose flour (or gluten-free alternative)
- 1½ cups milk <sup>7</sup>
- 1 large egg <sup>3</sup>
- garlic

### TOOLS

- microplane or grater
- large ovenproof skillet
- rimmed baking sheet
- medium saucepan

### ALLERGENS

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 930kcal, Fat 42g, Carbs 93g, Protein 46g



#### 1. Prep ingredients

Preheat broiler with a rack in the upper third.

Coarsely chop **onion**. Finely chop **2 teaspoons garlic**. Using kitchen scissors, roughly chop **tomatoes** directly in the can. Cut **eggplant** crosswise into ½-inch thick rounds.

Finely grate **Parmesan**, if necessary.



#### 2. Cook lentils

Heat **1 tablespoon oil** in a large ovenproof skillet over medium-high. Add **onions**; cook until lightly browned, 4–5 minutes. Add **ras al hanout** and **chopped garlic**; cook until fragrant, about 1 minute.

Add **lentils, tomatoes, 2¼ cups water**, and **1½ teaspoons salt**; simmer over medium heat until lentils are tender, 25–30 minutes.



#### 3. Broil eggplant

While **lentils** cook, lightly drizzle a rimmed baking sheet with **oil**. Add **eggplant** in an even layer (it's ok if they overlap) and generously drizzle with **oil**; season with **salt** and **pepper**.

Broil on top oven rack until deeply browned on top, 8–10 minutes (watch closely as broilers vary). Flip eggplant, drizzle with more oil if dry, and broil until tender, 5–10 minutes more.



#### 4. Make bechamel sauce

Heat **3 tablespoons oil** or **butter** in a medium saucepan over medium-high. Whisk in **¼ cup flour**; cook until golden and nutty, 1–2 minutes. Slowly whisk in **1½ cups milk** and bring to a boil. Remove saucepan from heat.

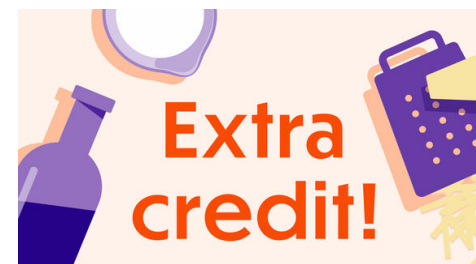
Whisk in **1 large egg** and **half of the Parmesan**; season to taste with **salt** and **pepper**. Cover and set aside.



#### 5. Broil & serve

Layer **eggplant** over **lentils** in skillet. Pour **bechamel sauce** over top and sprinkle with **remaining Parmesan**.

Broil **eggplant moussaka** on top oven rack until **bechamel** is browned in spots, 3–4 minutes (watch closely). Enjoy!



#### 6. Make it spicy!

Looking to bring the heat? Add a pinch of crushed red pepper flakes to the lentil mixture in step 2, or serve your moussaka with a dash of your favorite hot sauce.