

Moussaka-style mince (8 portions; 1hr 15m)

Original version: <https://www.bbcgoodfood.com/recipes/hob-table-moussaka>

Good served with rice and a couple of wholemeal/seeded flatbreads per person.

For the pot

- 2 large red onions
- 2-3 cloves garlic
- 3 tbsp olive oil for frying
- 1kg lean minced lamb
- 2 tins chickpeas
- 2 tins peeled plum tomatoes
- 1 aubergine (or 1 courgette)
- 6 tsp tomato puree
- 2 tsp ground cinnamon
- salt and pepper

Chop the garlic and onions finely, and chop the aubergine into 2cm chunks.

Heat the oil, fry the garlic and onion for 5 min or until soft, then add the mince (seasoned with a bit of salt to taste) and fry until it browns.

Drain the chickpeas, and add them to the mince along with the tomatoes, a can of hot water, aubergine, puree, cinnamon, and pepper to taste.

Break up the tomatoes, bring to the boil, then simmer for 45-55 minutes.

For the table serving

- chopped fresh or dried mint
- 25g feta cheese per portion (200g total)
- 2 flatbreads per person

About 10 min before the lamb is ready, put the flatbreads on a baking tray and sprinkle with water both sides. Warm on Gas 4 until the food is served.

Cut the feta into small chunks.

Dish the rice and lamb, then sprinkle some mint and the feta on top. (Can be done at table.)