

Moussaka (Gluten Free)

Serves 6

Prep Time – 20 minutes

Cooking Time – 45minutes

Ingredients

- 500g Lean Minced Lamb
- 1 Medium onion – finely chopped
- 2 Garlic cloves – crushed
- 1 ½ teaspoon dried Oregano
- 1 teaspoon dried Mint
- 2 Bay leaves
- 1 Cinnamon stick
- 100ml Red wine
- 400ml Lamb stock
- 400g Sweet potato – cooked & pureed
- 1 medium Butternut squash (approx. 500g peeled) – cut into 1cm thick rounds
- 1 Tbsp. Olive oil
- Salt & pepper

White Sauce Ingredients

- 500ml Goats milk
- 4 Tablespoon Cornflour
- 2 Bay leaves
- ½ Teaspoon grated Nutmeg
- 20g Goats Cheese

Method for the Lamb Mix

1. Pre-heat the oven to 180°C.
2. Put the lamb, onion, garlic, oregano, mint, bay leaves and cinnamon in a large non-stick pan or sauté pan and cook over a medium heat for 5 minutes.
3. Keep stirring with a wooden spoon to break up the meat.
4. Season with salt and plenty of freshly ground black pepper, then add the wine, lamb stock and pureed sweet potato.
5. Bring everything to a simmer and continue to cook for 10 minutes, stirring occasionally. Cook for a further 5 minutes until the lamb is tender and the sauce is thick.
6. Remove the bay leaves and cinnamon stick.
7. Pre-heat the grill to its hottest setting.
8. Arrange the butternut squash slices in a single layer on a large baking tray, brushing them on both sides with oil.
9. Place the tray in the oven and cook for 5 minutes.
10. Turn the slices over and cook them on the other side for 5 minutes until they're softened and lightly browned. Set the butternut squash aside.

Method for the Sauce

1. Just before the mince is ready make the white sauce.
2. Mix 4 tablespoons of the milk with the cornflour in a small bowl, until smooth and put to one side.
3. Pour the rest of the milk into a medium non-stick sauce pan. Add the bay leaves and ½ of the grated nutmeg.
4. Heat gently for 5 minutes until almost a simmer, stirring regularly.
5. Remove the bay leaves and whisk in the cornflour mixture, then cook for 3-4 minutes until thickened and smooth, stirring constantly.

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6. Remove from the heat and season with salt and lots of freshly ground black pepper.
7. Spoon a third of the meat sauce into 6 individual ovenproof dishes then add a layer of butternut squash.
8. Repeat the layers twice more, finishing with more of the butternut squash.
9. Pour over the white sauce, making sure it covers in an even layer, and then sprinkle with the reserved nutmeg and goats' cheese.
10. Bake for 20-25 minutes until the moussaka is golden brown and bubbling.

Allergy Information

Contains Allium.

Allergens in this dish indicated by the Box (es) Marked 'x'

Celery	<input type="checkbox"/>	Molluscs	<input type="checkbox"/>
Crustaceans	<input type="checkbox"/>	Mustard	<input type="checkbox"/>
Dairy (Milk)	<input checked="" type="checkbox"/>	Peanuts	<input type="checkbox"/>
Egg	<input type="checkbox"/>	Sesame	<input type="checkbox"/>
Fish	<input type="checkbox"/>	Soya	<input type="checkbox"/>
Gluten	<input type="checkbox"/>	Sulphites	<input checked="" type="checkbox"/>
Lupin	<input type="checkbox"/>	Tree Nuts	<input type="checkbox"/>

About the Chef

This recipe is from Mark Kennett, Head Chef at Oscar and Bentleys.
You can find out more about Mark on here: [Gastronomic Rebel](#)
You can visit Oscar & Bentley's here: [Oscar& Bentleys](#)