



Eggplant and Tofu Moussaka

Serves: 4



Details

Serves :	4
Total Preparation Time :	Up to 30 minutes.
Region :	Mediterranean
Gluten Free:	No
Vegetarian:	Yes
Dairy Free:	No
White Meat Only:	Yes
No Seafood:	Yes

Nutritional details per serve

Calories:	274
Fat:	8.5
Protein:	17.7
Carbohydrates:	31.8
Fibre	9.5

Instructions :

- **Preheat oven to 190 degrees Celsius.**
- **Crush garlic, slice onion, dice capsicum, chop tomato, and thinly slice tofu.**
- **Combine the lemon juice, olive oil, garlic and mixed herbs and lightly brush the mixture over the sliced eggplant.**
- **In a saucepan, heat capsicum, onion and tomato until soft and saucy.**
- **Make as many layers of the ingredients as you can, alternating with the sauce mixture, tofu slices and eggplant slices then finish with a layer of cottage cheese.**
- **Bake for 20 minutes, or until golden brown on top.**

Quantity	Ingredients	Suggested Brand
4	tomatoes, small (approx 100g each)	Average, all brands
16 tsp	dried mixed herbs	Average, all brands
4	garlic, raw, clove	Average, all brands
1.32 cup	cottage cheese, low fat	Average, all brands
2 medium	Eggplant, fresh (average weight 350g)	Average, all brands
4 tsp	olive oil, extra virgin	Average, all brands
200 g	tofu, silken	Average, all brands
4 small	onion, small (average weight 60g)	average, all brands
16 tsp	lemon juice	Average, all brands
2	red capsicums (peppers), large (approx 160g each)	Average, all brands

