**Individual Moussaka 1P 1HO ½ LE**

**Make these lovely Moussakas individually- easier to control your portions and you can freeze for later too.**

Use lean mince (about 4% fat or less)

For even fewer calories try turkey mince – the sauce will just be paler in colour

And to make this vegetarian use quorn mince or soya protein, also make sure your parmesan is vegetarian

**Serves 6**

* 500g lean minced lamb
* 1 medium onion, finely chopped
* 2 garlic cloves, crushed
* 1½ tsp dried oregano
* 1tsp dried mint
* 2 bay leaves
* 1 cinnamon stick
* 2tbsp plain flour
* 500ml boiling water
* 2 lamb stock cubes ( use beef if you can’t find)
* 400g canned chopped tomatoes
* 2 tbsp tomato purée
* 2 medium courgettes, trimmed, halved lengthways and sliced
* 2 medium aubergines, each about 275g, cut into 1cm rounds, ends discarded
* 1 tbsp olive oil

### For the white sauce:

* 500ml semi-skimmed milk
* 4 tbsp cornflour
* 2 bay leaves
* ½ tsp grated nutmeg
* 20g parmesan

## Method

1. For the lamb mix: Put the lamb, onion, garlic, oregano, mint, bay leaves and cinnamon in a large non-stick saucepan or sauté pan and cook over a medium heat for 5 minutes. Keep stirring with a wooden spoon to break up the meat.
2. Dissolve stock cubes in water
3. Stir in the flour and season with salt and plenty of freshly ground black pepper, then add the stock, tomatoes and tomato purée. Bring everything to a simmer, then continue to cook for 10 minutes, stirring occasionally.
4. Add the courgettes and cook for a further 5 minutes until the lamb is tender and the sauce is thick. Remove the bay leaves and cinnamon stick.
5. Preheat the grill to its hottest setting. Arrange the aubergine slices in a single layer on a large baking tray, brushing them on both sides with oil. Place the tray under the grill and cook for 5 minutes. Turn the slices over and cook them on the other side for 5 minutes until they’re softened and lightly browned. Set the aubergines aside.
6. For the white sauce: Preheat the oven to 200C/180C fan/gas 6. Just before the mince is ready, make the white sauce. Mix 4 tablespoons of the milk with the cornflour in a small bowl until smooth and put to one side. Pour the rest of the milk into a medium non-stick saucepan and add the bay leaves and half the grated nutmeg. Heat gently for 5 minutes until almost at a simmer, stirring regularly. Remove the bay leaves and whisk in the cornflour mixture, then cook for 3-4 minutes until thickened and smooth, stirring constantly. 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 (cereal sized)
8. add a layer of aubergines. Repeat the layers twice more, finishing with the aubergines. Pour over the white sauce, making sure it covers in an even layer, then sprinkle with the reserved nutmeg and parmesan cheese. Bake for 20-25 minutes until the moussakas are golden brown and bubbling.