THE LIGHTER PLATE METHOD

Layered Aubergine & Beef Bake

Seared aubergine layered with beef and tomato — a lighter take on moussaka.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
20 min	**30 min**	**50 min**	**4**	**EASY**

Ingredients

- 2 medium aubergines (peeled and thinly sliced)
- 300 g beef mince
- 2 large tomatoes (peeled and thinly sliced)
- 2 tomatoes (peeled, seeded and finely chopped)
- 0.5 medium onion (grated)
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tbsp olive oil
- 4 tbsp parmesan (grated)

Method

1. Cook the beef mince however you prefer (browned in a pan with a little seasoning).
2. Sear the aubergine slices in a little olive oil in a non-stick pan.
3. Layer aubergine, then beef, then sliced tomato, repeating until you run out, finishing with a layer of aubergine.
4. Sauté the onion, chopped tomato and herbs together for a sauce, adding a splash of water if needed.
5. Pour the sauce over the top and scatter with parmesan.
6. Bake at 190°C (fan 170°C) for 15 minutes.

Tips & swaps

- Sear the aubergine in batches — overcrowding the pan stops it browning properly.

Storage & reheating

Keeps in the fridge for 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
300	**20g**	**12g**	**18g**	**5g**

Estimated values, for guidance only. Contains: Milk.