Recipe

lamb moussaka

Our lamb moussaka is inspired by the delightful tastes of Greek cuisine. This wholesome dish features a tender and flavourful lamb stew, seasoned with cinnamon and oregano. We then add chickpeas and aubergine for extra goodness, all tucked between layers of soft, thinly sliced potatoes. It's a tasty adventure for little ones!

Serve with flatbread, dips and even falafel.

Serves 4 with some leftovers.

Ingredients

a glug of veg oil

1 large red onion chopped

3 large potatoes peeled and thinly sliced into rounds

500g lamb mince

1 aubergine diced

1 courgette diced

3 cloves of garlic finely chopped

½ tsp ground cinnamon

1 tsp ground cumin

1 tsp dried oregano

1 tin of chickpeas drained

1 tbsp of tomato puree

300g of passata

500ml of water

1 lamb stock cube

Method

add oil to a wide based pan

add red onion and caramelise gently until golden and sweet

remove onion from pan and put in a bowl to the side

gently simmer potatoes for 4-8 minutes (depending of how thickly you have sliced them)

add lamb mince and cook until brown

return onion to the pan

add diced aubergine, grated courgette and finely chopped garlic and mix well

add drained chickpeas and tomato puree and mix well to gently cook

add passata, water and lamb stock and bring to a simmer

gently cook for 1 hour until the sauce is reduced and thickened

layer lamb base in oven dish and top with cooked (simmered) potato slices, bechamel and lots of grated cheese and bake for 45 minutes at about 180°C until piping hot and bubbling

bechamel sauce

Ingredients

40g unsalted butter

1 small onion chopped

2 garlic cloves chopped

30g plain flour

525ml milk

Method

in a medium heat wide based pan allow butter to melt

add chopped onion and allow to gently cook for 15 minutes until soft and golden, stirring occasionally

add chopped garlic and cook for 2 minutes

add flour and mix well to incorporate into butter in pan until it is stiffer and paste like

add a splash of milk and stir everything well, ideally using a soft silicone spatula, if not a whisk

add milk in bit by bit, with each addition stirring well and allowing the milk to be soaked into the paste and become thicker

slowly with each addition it will become more like a sauce and as long as you are patient, mix well and add milk little by little then there will be no floury lumps in sauce

the sauce is ready once all milk is added!

E: hello@nurserykitchen.co.uk
T: 01245 808080
nurserykitchen.co.uk
@nurserykitchen

Nutritious delight with every bite

Please note: This recipe is correct at the time of publication on 01/09/2026