

Vegetable Mousaka



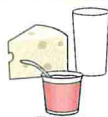
Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Vegemince	40 g	400 g	2 kg	4 kg	8 kg
Chopped Tomatoes	40 g	400 g	2 kg	4 kg	8 kg
Aubergine	20 g	200 g	1 kg	2 kg	4 kg
Onions	20 g	200 g	1 kg	2 kg	4 kg
Potatoes Mids	40 g	400 g	2 kg	4 kg	8 kg
Garlic Puree	1 g	5 g	25 g	50 g	100 g
Ground Cumin	1 g	5 g	25 g	50 g	100 g
Bouillon Veg	1 g	5 g	25 g	50 g	100 g
Semi Skimmed Milk	20 ml	200 ml	1 L	2 L	4 L
Margarine	5 g	50 g	250 g	500 g	1 kg
Plain Flour	8 g	80 g	400 g	800 g	1.6 kg

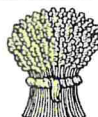
Method

Sweat the onions and garlic in a pan with the veggie mince
 Add the seasoning and cook out for 2 mins
 Add the chopped tomatoes and cook the sauce out until thick
 Slice the aubergine and courgette, brush with a little oil and roast until soft
 Slice the potatoes and cook until just cooked
 Make a white sauce by cooking the flour and marg together then gradually stir in the milk
 Cook the white sauce until thick
 layer up the mince, cooked aubergine and courgette and sliced potato
 Cover with white sauce and bake in oven at 180c until topping is golden brown

Assembled Tags



Contains Milk

SO₂Contains Sulphur
Dioxide &
Sulphites >
10mg/Kg

Contains Wheat