

INGREDIENTS:

550g minced lean lamb
5 aubergines
2 tins chopped tomatoes
1 capsule concentrated chicken stock
3 tablespoons olive oil
2 onions and two garlic cloves, peeled and chopped
2 teaspoons cumin seeds
1 teaspoon each freshly-ground nutmeg and cinnamon
Small bunch parsley, finely-chopped
350ml béchamel sauce
3 tablespoons freshly-grated parmesan
sea salt & freshly-ground black pepper

TIME: 1 hours**SERVING:** 6 people

Set the oven to 200C gas mark 6, thinly slice the aubergines, place on a baking sheet, drizzle with olive oil and bake for 15 minutes. Heat two tablespoons of the oil in a frying pan, fry the onions and garlic briskly then add the meat and spices and cook for a minute or so. Add the tomatoes and the stock cube, simmer for 10 minutes and add the parsley. Place alternate layers of aubergine and meat sauce in an oven-proof dish, finishing with a topping of aubergine, pour the béchamel over, sprinkle with the parmesan and bake for 30 minutes.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: