

Roasted Veggie Moussaka RECIPE

Roasted Veggie Moussaka



Cooking time 60 mins Preparation time 20 mins Serves

6

A veggie-packed recipe that is covered in our mouth-watering Chicken a la King Cook-In Sauce. Try this Roasted Veggie Moussaka as a sidedish or as the main event. Share

- Pinterest (opens in new window)
- Facebook (opens in new window)
- Twitter (opens in new window)
- Download (opens in new window)
- Print (opens in same window)

Ingredients

- 2 yellow peppers, cut into chunks
- 1 butternut, cut into chunks
- 2 courgettes, thickly sliced
- 1 aubergine, cut into chunks
- 1 onion, chopped
- 15ml oregano (5 ml dried)
- 2 tin chopped tomatoes
- 3ml salt and pepper
- 3ml sugar
- 100g feta
- 1 egg, beaten
- Royco® Chicken a la King Cook-in-Sauce 415g

Products used



Chicken a la King Wet Cook-In Sauce

View Product

Vegetarian

This meal is suitable for vegetarians. Please note that the Royco® Chicken a la King Cook-in Sauce is suitable for vegetarians.

Family Friendly

Get your little chef to help with the final step of this recipe, mixing up the sauce and pouring it over the vegetables evenly.

Method

1. 1.

Preheat oven 200°C

2. 2.

Roast the yellow peppers, butternut, courgettes and aubergines.

3. 3

Fry the onions and oregano in oil until soft, add the tomatoes, simmer for 4 minutes then season with salt, pepper and sugar.

4.4

Mix the roasted vegetables and the tomato sauce together.

5. 5.

Crumble in the feta and place in an oven proof dish. Press down lightly to compact.

6. 6.

Mix the egg and Royco® Chicken a la King Cook-in Sauce together. Pour over the vegetables.

7. 7.

Bake at 200°C for 20-25 minutes

Recipe Tags

Wet Cook In Sauce, Bakes Wedges, Plant-Based

Related Recipes

New Project



Roasted Butternut & Beetroot Salad

Cooking time

45 mins

Preparation time

15 mins

View Recipe

Sweet and Sour Hake Sandwiches

Cooking time

6 mins

Preparation time

20 mins

View Recipe



Classic Potato Bake

Cooking time

60 mins

Preparation time

10 mins

View Recipe **x**



Chicken Salad Stacks

Cooking time

10 mins

| Preparation time |
|--|
| 10 mins |
| View Recipe ▼ |
| <u>The Ultimate Braai Broodjie</u> |
| Cooking time |
| 20 mins |
| Preparation time |
| 15 mins |
| View Recipe ▼ |
| Butternut and Potato Bake |
| Cooking time |
| 50 mins |
| Preparation time |
| 15 mins |
| 13 1111113 |
| View Recipe |
| <u>View Recipe</u> |
| View Recipe ▼ |
| View Recipe |
| View Recipe Marinated Mushroom, Boerewors & Apricot Sticks Cooking time |
| View Recipe Marinated Mushroom, Boerewors & Apricot Sticks Cooking time 15 mins |
| View Recipe Marinated Mushroom, Boerewors & Apricot Sticks Cooking time 15 mins Preparation time |
| View Recipe Marinated Mushroom, Boerewors & Apricot Sticks Cooking time 15 mins Preparation time 30 mins View Recipe |
| View Recipe Marinated Mushroom, Boerewors & Apricot Sticks Cooking time 15 mins Preparation time 30 mins View Recipe ▼ |
| View Recipe Marinated Mushroom, Boerewors & Apricot Sticks Cooking time 15 mins Preparation time 30 mins View Recipe Spinach And Cheese Cannelloni |
| View Recipe Marinated Mushroom, Boerewors & Apricot Sticks Cooking time 15 mins Preparation time 30 mins View Recipe ▼ Spinach And Cheese Cannelloni Cooking time |

View Recipe AX4 Bread Cooking time 40 mins Preparation time

10 mins

<u>View Recipe</u>

Four Cheese Frittata

Cooking time

15 mins

Preparation time

5 mins

View Recipe

Source URL: https://www.royco.co.za/recipe/roasted-veggie-moussaka