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.

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

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. Preheat oven 200°C
2. Roast the yellow peppers, butternut, courgettes and aubergines.
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. Mix the roasted vegetables and the tomato sauce together.
5. Crumble in the feta and place in an oven proof dish. Press down lightly to compact.
6. Mix the egg and Royco® Chicken a la King Cook-in Sauce together. Pour over the vegetables.
7. Bake at 200°C for 20-25 minutes

Recipe Tags

Wet Cook In Sauce, Bakes Wedges, Plant-Based

Related Recipes

Roasted Butternut & Beetroot Salad

Cooking time

45 mins

Preparation time

15 mins

Sweet and Sour Hake Sandwiches

Cooking time

6 mins

Preparation time

20 mins

Classic Potato Bake

Cooking time

60 mins

Preparation time

10 mins

Chicken Salad Stacks

Cooking time

10 mins

Preparation time

10 mins

The Ultimate Braai Broodjie

Cooking time

20 mins

Preparation time

15 mins

Butternut and Potato Bake

Cooking time

50 mins

Preparation time

15 mins

Marinated Mushroom, Boerewors & Apricot Sticks

Cooking time

15 mins

Preparation time

30 mins

Spinach And Cheese Cannelloni

Cooking time

35 mins

Preparation time

20 mins

4X4 Bread

Cooking time

40 mins

Preparation time

10 mins

Four Cheese Frittata

Cooking time

15 mins

Preparation time

5 mins

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