



Gluten-Free Vegemince Moussaka Recipe Inspiration

Louise Wagstaffe, Chef Director at Delicious by Design, also suggests that Linda McCartney's Gluten Free Vegemince™ can be used to offer a beloved gluten and meat free classic, moussaka.

To create this school favourite, Louise recommends preparing a rich, aromatic ragu using a base of sautéed onions, carrots, tomatoes and Linda McCartney's high-protein, Gluten Free Vegemince™. This base is seasoned with cinnamon and dried herbs for an authentic Mediterranean profile that appeals to pupils' palates. For the vegetable layers, roast sliced aubergine until golden and par-boil the potatoes until tender.

The dish is brought together with a plant-based and gluten-free béchamel sauce, enriched with nutmeg and vegan hard cheese. Each element can be prepared and assembled in advance to streamline service. When ready, bake for 40-45 mins at 180°C. After baking, hold in well-controlled hot-hold at >63°C for up to 2 hours.

Recommended Ingredients- Serves 30 portions secondary school portions

Ragu

60 ml olive oil
2 onions, finely diced
300g carrots, grated
8 cloves garlic, crushed
1 Jar tomato sauce
500ml water
10g GF bouillon Vegetable Powder
2 tbsp dried oregano
1 tbsp ground cinnamon
2 bay leaves
30g fresh parsley, chopped (optional)
1.5 kg Linda McCartney gluten-free Vegemince
Black pepper to taste

Vegetable layers

1.5kg aubergines trimmed and sliced 1 cm thick
1.5kg potatoes, peeled and sliced 5 mm thick
Olive oil for brushing/frying

Béchamel (GF)

150g plant-based butter
150g gluten-free plain flour
1.8 l plant-based milk
Pinch of freshly grated nutmeg
200g vegetarian hard cheese, finely grated (reserve 50 g for topping)
Salt and white pepper to taste