

# Lamb Moussaka

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-offal-recipe>

## Ingredients:

- 1 eggplant large, about 450 g, sliced 1-cm thick
- sea salt
- 4 tablespoons coconut oil melted
- 1/2 bunch kale or of silverbeet, about 200 g, central stalks removed and leaves chopped
- 2 onions chopped
- 4 garlic cloves crushed
- 1 1/3 pounds lamb mince
- 1 teaspoon ground cinnamon
- freshly ground black pepper
- 5/8 cup tomato paste
- 2/3 pound beef or Chicken Bone Broth or water
- 3 1/2 ounces offal such as marrow, heart, liver
- 3 tablespoons flat leaf parsley leaves chopped
- cauliflower
- sauce
- 1/2 head cauliflower about 550 g, cut into florets
- 2 1/8 cups coconut milk
- 3 tablespoons arrowroot see note
- 1 egg

## Nutrition:

1. Calories: 1210 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 245 milligrams
4. Fat: 93 grams
5. Fiber: 14 grams
6. Protein: 55 grams
7. SaturatedFat: 59 grams
8. Sodium: 900 milligrams

9. Sugar: 18 grams
  10. TransFat: 0.5 grams
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