

TASTE TOURS









Potato



Lamb Mince

Soffritto Mix





Aussie Spice Blend

Tomato Paste



Grated Parmesan

Bechamel Sauce





Radish Cucumber





Lemon



Greek-Style Yoghurt



Parsley

Prep in: 25-35 mins Ready in: 35-45 mins

The Mediterranean Sea will feel like it's washed up on your kitchen table with a Greek-inspired moussaka. It's got all those lovable additions such as saucy lamb and roasted eggplant to make layers upon layers of flavoursome goodness.

Pantry items

Olive Oil, Butter, Milk, Brown Sugar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large saucepan · Large frying pan · Medium or large baking dish

Ingredients

ingi ediento		
2 People	4 People	
refer to method	refer to method	
1	2	
2	4	
40g	80g	
2 tbs	1/4 cup	
1 packet	1 packet	
1 bag (150g)	1 bag (300g)	
1 sachet	1 sachet	
1 packet	2 packets	
1 tsp	2 tsp	
1/4 cup	½ cup	
1 medium packet	1 large packet	
1 large packet	2 large packets	
2	4	
1 (medium)	1 (large)	
1/2	1	
2 cloves	4 cloves	
1 medium packet	1 large packet	
1 bag	1 bag	
	2 People refer to method 1 2 40g 2 tbs 1 packet 1 bag (150g) 1 sachet 1 packet 1 tsp ½ cup 1 medium packet 2 1 (medium) ½ 2 cloves 1 medium packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3360kJ (803Cal)	412kJ (98Cal)
Protein (g)	48.8g	6g
Fat, total (g)	40.7g	5g
- saturated (g)	23.3g	2.9g
Carbohydrate (g)	59.2g	7.3g
- sugars (g)	31.4g	3.9g
Sodium (mg)	1193mg	146mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the eggplant

- Preheat oven to 220°C/200°C fan-forced. Boil the kettle.
- Slice **eggplant** into thin rounds, then place on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then roast until tender, 20-25 minutes.



Make the mash

- · Half-fill a large saucepan with boiling water, then add a generous pinch of salt.
- Peel potato and cut into large chunks.
- · Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes. Drain and return to the pan.
- Add the **butter** and **milk** to the **potato** and season with salt. Mash until smooth. Cover to keep warm.



Cook the filling

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook lamb mince and soffritto mix, breaking up with a spoon, until tender, 4-5 minutes.
- Add Aussie spice blend and tomato paste, and cook until fragrant, 1-2 minutes.
- Add the brown sugar and water, then cook until slightly thickened, 1-2 minutes. Season to taste.



Assemble the moussaka

- · When eggplant is done, preheat grill to high.
- Transfer half the lamb filling to a baking dish, then top with eggplant slices. Repeat with remaining lamb filling and eggplant.
- Spread evenly with bechamel sauce. Smooth over potato mash and sprinkle over grated Parmesan cheese.
- · Grill moussaka until bubbly and lightly golden, 8-10 minutes.



Make the yoghurt & salad

- Meanwhile, thinly slice radish and cucumber. Slice **lemon** into wedges. Finely chop **garlic**.
- Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil. Cook garlic until fragrant, 1 minute.
- Transfer garlic oil to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste.
- · In a medium bowl, combine radish, cucumber, a generous squeeze of lemon juice and a drizzle of olive oil. Season to taste.

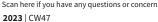


Serve up

- Bring everything to the table. Tear parsley over
- Help yourself to cheat's lamb and eggplant moussaka, cucumber salad and garlic yoghurt. Enjoy!



Scan here if you have any questions or concerns





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