



Cheat's Lamb & Eggplant Moussaka

with Cucumber Salad & Garlic Yoghurt

TASTE TOURS

Grab your Meal Kit with this symbol



Eggplant



Potato



Lamb Mince



Soffritto Mix



Aussie Spice Blend



Tomato Paste



Bechamel Sauce



Grated Parmesan Cheese



Radish



Cucumber



Lemon



Garlic



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

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
lamb mince	1 packet	1 packet
soffritto mix	1 bag (150g)	1 bag (300g)
Aussie spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
water*	¼ cup	½ cup
bechamel sauce	1 medium packet	1 large packet
grated Parmesan cheese	1 large packet	2 large packets
radish	2	4
cucumber	1 (medium)	1 (large)
lemon	½	1
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
parsley	1 bag	1 bag

*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.

1



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**.

4



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**.

2



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.

5



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.

3



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.

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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