

Cheat's Lamb & Eggplant Moussaka

with Cucumber Salad & Yoghurt

TASTE TOURS

Grab your meal kit with this number

24



Eggplant



Potato



Garlic



Lamb Mince



Soffritto Mix



Nan's Special Seasoning



Tomato Paste



Grated Parmesan Cheese



Radish



Cucumber



Lemon



Parsley



Greek-Style Yoghurt

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, Brown Sugar, Butter, Plain Flour, Milk

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
garlic	2 cloves	4 cloves
lamb mince	1 medium packet	2 medium packets OR 1 large packet
soffritto mix	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
water*	¼ cup	½ cup
butter*	40g	80g
plain flour*	2 tbs	¼ cup
milk*	1 cup	2 cups
grated Parmesan cheese	1 large packet	2 large packets
radish	2	4
cucumber	1 (medium)	1 (large)
lemon	½	1
parsley	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2943kJ (703Cal)	391kJ (93Cal)
Protein (g)	44.8g	5.9g
Fat, total (g)	33.8g	4.5g
- saturated (g)	19g	2.5g
Carbohydrate (g)	51.2g	6.8g
- sugars (g)	32.3g	4.3g
Sodium (mg)	1018mg	135mg
Dietary Fibre (g)	11.1g	1.5g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW28



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 white sauce

- When **eggplant** is done, preheat grill to high. Transfer half the **lamb filling** to a baking dish, then top with **eggplant**. Repeat with remaining **lamb filling** and **eggplant**.
- Meanwhile, wipe out frying pan and return to medium heat. Add the **butter** and **plain flour** and cook, stirring, until a thin paste forms, **2 minutes**.
- Remove pan from heat, then slowly whisk in the **milk** until smooth.
- Stir through **grated Parmesan cheese**, then season with **salt** and **pepper**.



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 a generous drizzle of **olive oil** to the **potato** and season with **salt**. Mash until smooth. Cover to keep warm.



Grill the moussaka

- Top baking dish evenly with **cheesy white sauce**. Smooth over **potato mash**.
- Grill **moussaka** until bubbly and lightly golden, **8-10 minutes**.
- Meanwhile, thinly slice **radish** and **cucumber**. Slice **lemon** into wedges.
- In a medium bowl, combine **radish**, **cucumber**, a generous squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste.



Cook the lamb filling

- Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **lamb mince**, **garlic** and **soffritto mix**, breaking up with a spoon, until tender, **4-5 minutes**.
- Add **Nan's special seasoning** 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.



Serve up

- Bring everything to the table.
- Tear **parsley** over salad.
- Help yourself to lamb and eggplant moussaka with cucumber salad and **Greek-style yoghurt**. Enjoy!

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