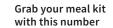


Cheat's Lamb & Eggplant Moussaka with Cucumber Salad & Garlic Yoghurt

TASTE TOURS













Lamb Mince

Soffritto Mix





Nan's Special Seasoning





Tomato Paste









Cucumber



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, Brown Sugar, Butter, Plain Flour, Milk

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

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	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 large sachet	2 large sachets	
tomato paste	1 packet	2 packets	
brown sugar*	1 tsp	2 tsp	
water*	1/4 cup	½ cup	
Greek-style yoghurt	1 medium packet	1 large packet	
butter*	40g	80g	
plain flour*	2tbs	1/4 cup	
milk*	1 cup	2 cups	
grated Parmesan cheese	1 large packet	2 large packets	
tomato	1	1	
cucumber	1 (medium)	1 (large)	
lemon	1/2	1	
parsley	1 packet	1 packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2879kJ (688Cal)	385kJ (92Cal)
Protein (g)	44.2g	5.9g
Fat, total (g)	33.4g	4.5g
- saturated (g)	18.7g	2.5g
Carbohydrate (g)	49.2g	6.6g
- sugars (g)	31.5g	4.2g
Sodium (mg)	439mg	59mg
Dietary Fibre (g)	10.4g	1.4g

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.
- Finely chop garlic.
- 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.



Cook the lamb 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 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.
- When eggplant is done, transfer half the lamb filling to a baking dish, then top with eggplant. Repeat with remaining lamb filling and eggplant.
- Wipe out frying pan and 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. Set aside.



Make the cheesy white sauce

- 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**.



Grill the moussaka

- · Preheat grill to high.
- Top baking dish evenly with cheesy white sauce. Smooth over potato mash.
- Grill moussaka until bubbly and lightly golden,
 8-10 minutes.
- Meanwhile, slice tomato into wedges. Thinly slice cucumber. Slice lemon into wedges.
- In a medium bowl, combine tomato, 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 leaves over salad.
- Help yourself to lamb and eggplant cheat's moussaka with cucumber salad and garlic yoghurt. Serve with remaining lemon wedges. Enjoy!

Rate your recipe

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