

# Cheat's Lamb & Eggplant Moussaka

with Cucumber Salad & Garlic Yoghurt

TASTE TOURS

Grab your meal kit  
with this number

24



Eggplant



Potato



Lamb Mince



Soffritto Mix



Garlic



Nan's Special  
Seasoning



Tomato Paste



Greek-Style  
Yoghurt



Grated Parmesan  
Cheese



Tomato



Cucumber



Lemon



Parsley

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

 Protein Rich

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

	2 People	4 People
<b>olive oil*</b>	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
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b>	¼ cup	½ cup
Greek-style yoghurt	1 medium packet	1 large packet
<b>butter*</b>	40g	80g
<b>plain flour*</b>	2tbs	¼ cup
<b>milk*</b>	1 cup	2 cups
grated Parmesan cheese	1 large packet	2 large packets
tomato	1	1
cucumber	1 (medium)	1 (large)
lemon	½	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](https://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



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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



## 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**.

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.
- 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.

5



## 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.

3



## 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.

6



## 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

Did we make your tastebuds happy?

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