

TASTE TOURS











Potato









Soffritto Mix

Tomato Paste





Nan's Special Seasoning

Grated Parmesan Cheese





Radish

Cucumber





Lemon

Parsley





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



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 with a lid · 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	
tomato paste	1 packet	2 packets	
Nan's special seasoning	1 large sachet	2 large sachets	
brown sugar*	1 tsp	2 tsp	
water*	1/4 cup	1/4 cup	
butter*	40g	80g	
plain flour*	2 tbs	4 tbs	
milk*	1 cup	2 cups	
grated Parmesan cheese	1 large packet	2 large packets	
radish	2	4	
cucumber	1 (medium)	1 (large)	
lemon	1/2	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)	2689kJ (643cal)	222kJ (53cal)
Protein (g)	41g	3.4g
Fat, total (g)	33g	2.7g
- saturated (g)	18.4g	1.5g
Carbohydrate (g)	42g	3.5g
- sugars (g)	25.8g	2.1g
Sodium (mg)	411mg	33.9mg
Dietary Fibre (g)	9.3g	0.8g

The quantities provided above are averages only.

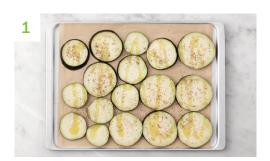
Allergens

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



Cook the 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 tomato paste and Nan's special seasoning 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**. 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.



Bring it together

- · 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.



Serve up

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

Rate your recipe

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