

# Cheat's Lamb & Eggplant Moussaka

with Cucumber Salad & Yoghurt

TASTE TOURS

Grab your meal kit with this number

16



Eggplant



Potato



Garlic



Lamb Mince



Soffritto Mix



Tomato Paste



Nan's Special Seasoning



Grated Parmesan Cheese



Radish



Cucumber



Lemon



Parsley



Greek-Style Yoghurt

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 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

	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
tomato paste	1 packet	2 packets
Nan's special seasoning	1 large sachet	2 large sachets
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b>	¼ cup	¼ cup
<b>butter*</b>	40g	80g
<b>plain flour*</b>	2 tbs	4 tbs
<b>milk*</b>	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)	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](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!

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2024 | CW40



## 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**.



## 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**.



## 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.



## 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.



## 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.



## 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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