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Cheat's Lamb Moussaka with Parmesan & Oregano

One of our favourite things to do at HelloFresh is take a classic traditional dish and make it achievable on a weeknight. This deconstructed moussaka is a perfect example. The béchamel sauce is optional - but you'd be crazy not to give it a try! This creamy sauce marries all the layers together beautifully.

 **Prep:** 10 mins
 **Cook:** 35 mins
Total: 45 mins
 **high protein**

 **level 2**
 **low kJ**

Pantry Items



Olive Oil



Butter



Plain Flour



Milk



Eggplant



Brown Onion



Garlic



Dried Oregano



Cinnamon



Lamb Mince



Tomato Paste



Diced Tomatoes



Parmesan Cheese



Mixed Salad Leaves

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2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
1	2	eggplant, cut into 1 cm thick rounds 
1	2	brown onion, finely chopped
1 clove	2 cloves	garlic, peeled & crushed 
1 tsp	2 tsp	dried oregano
1 tsp	2 tsp	cinnamon
300 g	600 g	lamb mince
1 tub	2 tubs	tomato paste
1 tin	2 tins	diced tomatoes
1 tbs	2 tbs	butter *
1 tbs	2 tbs	plain flour *
1 cup	2 cups	milk *
½ block	1 block	Parmesan cheese, finely grated 
1 bag	2 bags	mixed salad leaves, washed

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2500	Kj
Protein	47.9	g
Fat, total	28.1	g
-saturated	12	g
Carbohydrate	33.6	g
-sugars	24.9	g
Sodium	384	mg



You will need: *chef's knife, chopping board, garlic crusher, box grater, baking paper lined oven tray, wooden spoon, whisk, small saucepan and a medium frying pan.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Rub the **olive oil** into the flesh of the **eggplant slices** and season with a generous pinch of **salt**. Place in a single layer on the prepared oven tray. Cook in the oven for **30-35 minutes** or until soft and slightly charred.



3 Meanwhile, heat a dash of olive oil in a medium frying pan over a medium-high heat. Add the **brown onion** and cook, stirring, for **5 minutes** or until soft. Add the **garlic, dried oregano** and **cinnamon** and cook, stirring, for **1 minute** or until fragrant. Add the **lamb mince** and cook, breaking up with a wooden spoon for **3-4 minutes** or until browned. Add the **tomato paste** and cook, stirring, for **1 minute** and then add the **diced tomatoes**. Bring to the boil and then reduce the heat to medium-low and simmer, covered, for **15-20 minutes**.



4 **Note:** *This step is optional.* While the lamb sauce is simmering prepare the béchamel sauce. Melt the **butter** in a small saucepan over a medium-high heat. Add the **plain flour** and cook, stirring, for **1-2 minutes** or until bubbling. Remove from the heat. Slowly add the **milk** whisking constantly until the mixture is smooth. Return to the heat. Cook, stirring with a wooden spoon, for **5-6 minutes** or until sauce comes to the boil, thickens and coats the back of a wooden spoon. Remove from the heat and stir through the **Parmesan cheese** (reserving a little for garnish).

Tip: Refrigerate any extra béchamel sauce in a container for up to 3 days in the fridge.



5 To serve, layer eggplant slices with some béchamel sauce and the cinnamon lamb sauce. Sprinkle with extra Parmesan cheese. Serve with the **mixed salad leaves**.