



SPICED LAMB MOUSSAKA

with a Crispy Panko Topping



HELLO PENNE

Penne's hollow centre and ridges mean it's great for holding sauce!



Onion



Garlic Clove



Flat Leaf Parsley



Courgette



Ras-el-Hanout



Wheat Penne



Lamb Mince



Chopped Tomatoes



Beef Stock Pot



Panko Breadcrumbs



Hard Italian Cheese



Crème Fraîche

This moussaka is just a little bit different to your regular run-of-the-mill moussaka! Despite having the traditional spiced lamb and creamy flavours of a moussaka, it also involves charred courgettes (instead of aubergine) and pasta! This really is deliciously comforting 'treat food', perfect for a midweek meal.

35 mins

1 of your 5 a day

Medium heat

MEAL BAG

4

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Large Frying Pan**, **Large Saucepan**, **Colander** and an **Ovenproof Dish**. Now, let's get cooking!



1 PREP

Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press) and finely chop the **parsley** (stalks and all). Put a large frying pan on medium-high heat (no oil!) and leave it to get hot for a couple of mins. While the pan gets hot, remove the ends from the **courgette** then slice into rounds about 1cm thick.



2 COURGETTE TIME

Lay the **courgette slices** in the hot pan and cook them until slightly charred, 3-4 mins each side. Season with **salt** and **pepper** and then remove to a plate or bowl. Meanwhile, put a large saucepan of **water** with a good pinch of **salt** on to boil for the wheat pasta.



3 START THE SAUCE

Put a drizzle of **oil** in the now empty frying pan and add the **onion** and a pinch of **salt**. Cook, stirring occasionally, on medium heat until soft and golden, 6-7 mins, then stir in the **garlic** and **ras-el-hanout** and cook for 1 more minute. Meanwhile, add the **wheat pasta** to the boiling **water**. Cook for 10 mins then drain in a colander, pop back in the now empty saucepan and drizzle with a little **oil** to stop it sticking together.



4 COOK THE LAMB

Add the **lamb mince** to the pan with the **onion**. Cook, stirring, until browned, 5 mins, then stir in the **chopped tomatoes** and **stock pot**. Bring to a simmer then cook on a low heat until rich and tomatoey, 10 mins. **TIP:** The liquid should have also reduced by about a third. **IMPORTANT:** The lamb is cooked when it is no longer pink in the middle.



5 FINISH UP

Meanwhile, pop the **panko breadcrumbs**, **half the parsley**, the **hard Italian style grated cheese** and a pinch of **salt** and **pepper** in a small bowl. Stir in the **olive oil** (see ingredients for amount). Stir the **crème fraîche**, a pinch of **salt** and **pepper** and the remaining **parsley** into the drained **wheat pasta**. Preheat your grill to high.



6 BAKE AND SERVE

Spoon a **third** of the **sauce** into an ovenproof dish, then layer over **half** the **wheat pasta**. Add the next **third** of **sauce**, then the remaining **wheat pasta**. Spoon on the rest of the **sauce**, then layer over the **courgette slices**. Sprinkle on the **cheesy breadcrumbs** and pop under your grill until golden, 3-4 mins. Serve the **lamb moussaka** in bowls. **Enjoy.**

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion *	1	1½	2
Garlic Clove *	1	2	2
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Courgette *	1	1½	2
Ras-el-Hanout	1 small pot	¾ large pot	1 large pot
Wheat Penne 13)	180g	250g	360g
Lamb Mince *	200g	300g	400g
Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Beef Stock Powder	1 sachet	1½ sachets	2 sachets
Panko Breadcrumbs 13)	20g	30g	50g
Hard Italian Style Grated Cheese 7)8) *	1 pack	1½ packs	2 packs
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Crème Fraîche 7) *	100g	150g	225g

*Not Included * Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 650G	PER 100G
Energy (KJ/ kcal)	3517/ 841	541/ 129
Fat (g)	38	6
Sat. Fat (g)	17	3
Carbohydrate (g)	87	13
Sugars (g)	22	3
Protein (g)	43	7
Salt (g)	1.98	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 13) Gluten

Wheat Penne Pasta. Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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