



# Beef Moussaka

with creamy aubergine topping

Family 40-45 mins • Eat me first

4



Baguette



Beef Mince



Carrot



Aubergine



Passata



Chicken Stock



Creme Fraiche



Grated Italian Style Hard Cheese



Ground Cumin

Pantry Items: Oil, Salt, Pepper, Water



## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, oven dish

## Ingredients

	2P	4P
Baguette	2 units	4 units
Beef Mince	250 g	500 g
Carrot	1 unit	2 units
Aubergine	1 unit	2 units
Passata	1 pack	2 packs
Chicken Stock	1 sachet	2 sachets
Creme Fraiche	125 g	250 g
Grated Italian Style Hard Cheese	25 g	50 g
Ground Cumin	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>625.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3744.7 kJ/ 895 kcal	598.7 kJ/ 143.1 kcal
Fat (g)	41.2 g	6.6 g
Sat. Fat (g)	21.1 g	3.4 g
Carbohydrate (g)	87.6 g	14 g
Sugars (g)	17.5 g	2.8 g
Protein (g)	45.2 g	7.2 g
Salt (g)	3.1 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

## Contact

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## Get Prepped

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Trim the **carrot** and quarter lengthways (unpeeled). Chop widthways into small pieces.
- Trim the **aubergine** then slice into 1cm thick rounds.



## Cook the Mince

- Place a large pan over high heat with a drizzle of **oil**.
- When hot, fry the **carrot** until softened, stirring occasionally, 4-5 mins.
- Add the **cumin** and **beef mince**. Cook until **beef** is browned, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince.
- Use a spoon to break up the **mince** as it cooks. Season with **salt** and **pepper**.



## Start Your Sauce

- Stir the **passata** and **chicken stock powder** into the pan.
- Season with **salt** and **pepper**.
- Simmer until thickened, stirring occasionally, 15-20 mins. **IMPORTANT:** Mince is cooked when no longer pink in the middle.

**TIP:** Loosen the sauce with a splash of water if you feel it's too thick.



## Roast the Aubergine

- Meanwhile, pop the **aubergine** onto a large (lined) baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- Roast until golden and softened, 15-20 mins. Turn halfway through.
- Once cooked, remove from the oven.



## Bake Until Bubbling

- When the **beef** mixture has thickened, spoon it into an oven dish.
- Lay the roasted **aubergine** slices on top.
- Spread the **creme fraiche** over with the back of a spoon and sprinkle on the **Italian style hard cheese**.
- Bake the moussaka until the top is bubbling and has browned, 8-10 mins.
- When 5 mins of cooking time remain, pop the **baguettes** into the oven to warm through, 2-3 mins.



## Finish and Serve

- Once cooked, remove your **beef** moussaka from the oven.
- Allow to stand for 1-2 mins before serving.
- Once ready, divide between bowls.
- Serve the **baguette** alongside.

**Enjoy!**