



Beef Moussaka

with creamy aubergine topping

40-45 mins

1



Beef Mince



Carrot



Aubergine



Passata



Creme Fraiche



Grated Italian Style Hard Cheese



Ground Cumin



Baguette



Beef Stock

Pantry Items: Oil, Salt, Pepper, Water, Sugar



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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
Beef Mince	250 g	500 g
Carrot	1 unit	2 units
Aubergine	1 unit	2 units
Passata	1 pack	2 packs
Creme Fraiche	110 g	220 g
Grated Italian Style Hard Cheese	25 g	50 g
Ground Cumin	1 sachet	2 sachets
Baguette	2 units	4 units
Beef Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	613 g	100 g
Energy (kJ/kcal)	3811.6 kJ/ 911 kcal	621.8 kJ/ 148.6 kcal
Fat (g)	39.3 g	6.4 g
Sat. Fat (g)	19.8 g	3.2 g
Carbohydrate (g)	93.3 g	15.2 g
Sugars (g)	19.2 g	3.1 g
Protein (g)	43.9 g	7.2 g
Salt (g)	3.2 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.

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Get Prepped

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Trim the **carrot** and quarter lengthways (no need to peel). Chop widthways into 1cm pieces.
- Trim the **aubergine** then slice widthways 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

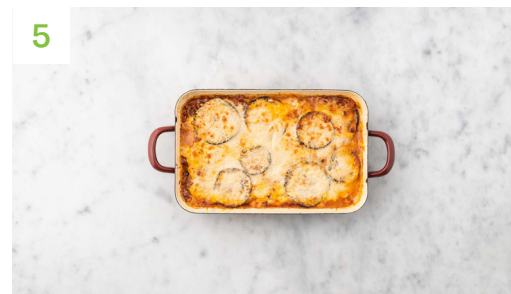
- Stir the **passata** and **stock powder** into the pan.
- Season with **salt**, **pepper** and ½ tsp **sugar** (double for 4p).
- Simmer until thickened, stirring occasionally, 15-20 mins. **IMPORTANT:** Mince is cooked when no longer pink in the middle.

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 and set aside.



Bake Until Bubbling

- When the **beef** mixture has thickened, spoon it into an appropriately-sized oven dish.
- Lay the roasted **aubergine** rounds 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 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 with warm **baguette** alongside.

Enjoy!