



Beef Moussaka

with creamy aubergine topping

Family 35 – 40 mins

4



Beef Mince



Carrot



Aubergine



Passata



Creme Fraiche



Grated Italian Style Hard Cheese



Ground Cumin



Baguette



Stock

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



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2024-W35

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, pan with lid

Ingredients

	2P	4P
Beef Mince	240 g	480 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	1 unit	2 units
Ground Cumin	1 sachet	2 sachets
Baguette	2 units	4 units
Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	609.5 g	100 g
Energy (kJ/kcal)	3769.8 kJ/ 901 kcal	618.5 kJ/ 147.8 kcal
Fat (g)	38 g	6.2 g
Sat. Fat (g)	19.5 g	3.2 g
Carbohydrate (g)	94.7 g	15.5 g
Sugars (g)	20.4 g	3.3 g
Protein (g)	42.6 g	7 g
Salt (g)	3.4 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

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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Roast the Aubergine

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Trim the **aubergine** then slice widthways into 1cm thick rounds.
- 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 the tray halfway through. Once cooked, remove from the oven and set aside.



Start Your Sauce

- Stir the **passata**, **stock** and ½ tsp **sugar** (double for 4p) into the pan.
- Cover and simmer for 4-5 mins.
- Once simmered, stir through a knob of **butter**.
- Season to taste with **salt** and **pepper**.

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



Soften the Carrot

- Meanwhile, trim the **carrot** and quarter lengthways (no need to peel). Chop widthways into ½ cm pieces.
- Place a large pan over high heat with a drizzle of **oil**.
- When hot, fry the **carrot** until softened, stirring occasionally, 5-6 mins.



Bake Until Bubbling

- When the **beef** mixture is ready, 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 **cheese**.
- Bake on the top shelf of the oven until the **cheese** is bubbling and golden, 8-10 mins.
- When 5 mins of cooking time remain, pop the **baguettes** into the oven to warm through, 2-3 mins.



Brown the Mince

- Reduce the heat to medium-high.
- Add the **cumin** and **beef mince**.
- Cook until **beef** is browned, 5-6 mins. Use a spoon to break up the **mince** as it cooks. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.



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!