



Beef Moussaka

with creamy aubergine topping

Family 40-45 mins

4



Beef Mince



Carrot



Aubergine



Passata



Chicken Stock



Creme Fraiche



Grated Italian Style Hard Cheese



Ground Cumin

Pantry Items: Oil, Salt, Pepper

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
Chicken Stock	1 sachet	2 sachets
Crema 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
for uncooked ingredients	500.5 g	100 g
Energy (kJ/kcal)	2774 kJ/ 663 kcal	554.2 kJ/ 132.5 kcal
Fat (g)	48.3 g	9.7 g
Sat. Fat (g)	26.7 g	5.3 g
Carbohydrate (g)	23.6 g	4.7 g
Sugars (g)	13.3 g	2.7 g
Protein (g)	32.8 g	6.6 g
Salt (g)	1.9 g	0.4 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.

Contact

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Get Prepped

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



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 **beef mince** and **cumin**, then cook until browned, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.
- 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, 15-20 mins, stirring occasionally.



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, then roast for 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 **crema fraiche** over with the back of a spoon, then sprinkle on the **Italian style hard cheese**.
- Bake the moussaka until the top is bubbling and has browned, 8-10 mins.



Dish Up

- Once cooked, remove the moussaka from the oven.
- Allow to stand for 1-2 mins before serving.
- Spoon into bowls to serve.

Enjoy!