



Beef Moussaka

with creamy aubergine topping

Classic 40-45 mins

2



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!

Cooking tools you will need

Oven Dish, Baking Sheet with Baking Paper

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
Crème Fraîche	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)	2772.8 kJ/ 662.7 kcal	554 kJ/ 132.4 kcal
Fat (g)	48.2 g	9.6 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)	1.8 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 220°C/200°C fan/gas mark 7.
- 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.



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.

TIP: If the slices aren't browned and soft, bake them a little longer. If they're browning too quickly, reduce the heat a little.



Cook the Beef

- Heat a drizzle of **oil** in a large pan on high heat.
- When hot, add the **carrot** and fry until soft, 4-5 mins, stirring occasionally.
- Add the **beef mince** and **cumin**, then cook until browned, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The 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**.



Bake the Moussaka

- When the **beef** mixture has thickened, spoon into an ovenproof dish.
- Lay the roasted **aubergine** slices on top.
- Spread the **crème fraîche** over with the back of a spoon, then sprinkle over the **Italian style hard cheese**.
- Bake the moussaka until it's bubbling and the top has browned, about 3-4 mins.



Start Your Sauce

- Stir the **passata** and **chicken stock** into the pan.
- Season with **salt** and **pepper**.
- Simmer until thickened, 15-20 mins, stirring occasionally.



Dish Up

- Once cooked, remove the moussaka from the oven.
- Allow it to stand for a couple of mins before serving.
- Spoon into bowls to serve.

Enjoy!