



CHEAT'S LAMB MOUSSAKA

with Garlic Ciabatta



HELLO ROCKET

This peppery salad leaf is known as 'arugula' in America!



Onion



Carrot



Garlic Clove



Aubergine



Lamb Mince



Cinnamon Stick



Finely Chopped Tomatoes



Ciabatta



Crème Fraîche



Grated Italian Style Hard Cheese



Rocket

MEAL BAG

45 mins

3.5 of your 5 a day

4

Moussaka is one of our chef Mimi's favourite dishes... If there's one cosy recipe that wins in her book, it's this one. Normally this Greek classic takes hours to make, but with a bit of HelloFresh magic you'll be whipping it up in no time at all!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Frying Pan**, two **Baking Trays** and **Ovenproof Dish**. Now, let's get cooking!



1 PREP TIME!

Halve, peel and chop the **onion** into small pieces. Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Peel and grate all but one of the **garlic cloves** (or use a garlic press). Trim the **aubergine** then slice into rounds approximately 1cm thick.



2 COOK THE LAMB

Preheat your grill to high. Heat a splash of **oil** in a frying pan on medium heat. Add the **onion** and **carrot** and cook until soft, 6 mins. Stir in the **grated garlic**, **lamb mince** and **cinnamon stick**. Cook for 5-6 mins, until the **lamb** has browned (drain away any excess fat). Add the **chopped tomatoes**. Season with a pinch of **salt** and **pepper**. Simmer until thick and tomatoey, 15-20 mins. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.*



3 GRILL THE AUBERGINE

Meanwhile, pop the **aubergine** on a baking tray with a drizzle of **oil** and a pinch of **salt** and **pepper**. Grill for 8-9 mins on each side. Remove from the grill and leave to the side (leave the grill on). **TIP:** *The aubergine slices should be browned and soft. If they aren't, grill them for a little longer. If they are getting brown too quickly, turn the heat down a little.*



4 ASSEMBLE THE MOUSSAKA

Halve the **ciabatta** (as if you were making a sandwich) and leave to the side. When the **lamb mixture** is nice and thick, discard the **cinnamon stick** and pour into an ovenproof dish. Lay the **aubergine** on top and spoon over the **crème fraîche**. Spread the **crème fraîche** with the back of a spoon and sprinkle over the **cheese**. Grill the **moussaka** for about 5 mins, until the top is bubbling and brown.



5 DRESS THE ROCKET

While the **moussaka** is browning, put the **rocket** in a bowl with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Toss together.



6 FINISH AND SERVE!

Once brown, remove the **moussaka** from under the grill. Pop the **ciabatta** on another baking tray under the grill for 2 mins, until toasted. **TIP:** *Watch they don't burn!* Cut the remaining **garlic clove** in half, remove the **ciabatta** from the grill and rub the **garlic clove** across each piece. You can also drizzle over a little **olive oil**. Chop the **garlic bread** into wedges then serve the **moussaka** with some **dressed rocket** and **garlic ciabatta** on the side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion *	1	1	2
Carrot *	1	1	2
Garlic Clove *	2	3	4
Aubergine *	1	1½	2
Lamb Mince *	200g	300g	400g
Cinnamon Stick	1	1	1
Finely Chopped Tomatoes	1	1½	2
Ciabatta 11) 13)	1	2	2
Crème Fraîche 7) *	¾ pouch	1 pouch	1½ pouches
Grated Italian Style Hard Cheese 7) 8) *	½ pack	1 pack	1 pack
Rocket *	1 bag	1 bag	2 bags

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 710G	PER 100G
Energy (KJ/ kcal)	2602/ 622	367/ 88
Fat (g)	36	5
Sat. Fat (g)	15	2
Carbohydrate (g)	49	7
Sugars (g)	24	3
Protein (g)	32	4
Salt (g)	1.42	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 11) Soya 13) Gluten

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.

THUMBS UP OR THUMBS DOWN?

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