







Hello
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Cheat's Lamb Moussaka

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

 35 mins

 2.5 of your
5 a day

 eat within
3 days



Onion
(1)



Carrot
(1)



Garlic Clove
(2)



Aubergine
(1)



Lamb Mince
(250g)



Cinnamon Stick
(1)



Chopped Tomatoes
(1 tin)



Ciabatta
(1)



Crème Fraîche
(1 pot)




Parmesan Cheese
(20g)



Rocket
(1 bag)

2 PEOPLE INGREDIENTS

- Onion, chopped **1**
- Carrot, chopped **1**
- Garlic Clove, grated **2**
- Aubergine, sliced **1**
- Lamb Mince **250g**
- Cinnamon Stick **1**
- Chopped Tomatoes **1 tin**
- Ciabatta **1**
- Crème Fraîche **1 pot**
- Parmesan Cheese **20g**
- Rocket **1 bag**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

It's not just rocket's peppery taste that's unique – it's also a secret sexy food that's a revered libido booster!

Allergens: Milk, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	628 kcal / 2476 kJ	33 g	19 g	44 g	15 g	32 g	1 g
Per 100g	115 kcal / 451 kJ	6 g	3 g	8 g	3 g	6 g	0 g



1 Peel and chop the **onion** and **carrot** into roughly 1cm pieces. Peel and grate all but one of the **garlic cloves** (or use a garlic press if you have one). Slice the **aubergine** into discs approximately 1cm thick.



2 Add a splash of **oil** to a saucepan on medium heat, add your **onion** and cook for 5 mins until soft, then add your **carrot** and **grated garlic** and cook for a further 3 mins. Add the **lamb mince** along with the **cinnamon stick**. Stir and cook until your **lamb** has browned, then add the **chopped tomatoes**. Season with a pinch of **salt**, a good grind of **black pepper** and a sprinkle of **sugar** (if you have some). Gently simmer your **lamb mixture** for 15-20 mins until it is thick and tomatoey.



3 While your lamb mixture is simmering, preheat your grill to high. Pop your **aubergine** on a baking tray with a drizzle of **olive oil**, a pinch of **salt** and a good grind of **black pepper** and grill for 8-9 mins on one side and 8-9 mins on the other side, remove from your grill and leave to the side (leave your grill on). **Tip:** *The aubergine slices should be slightly browned and soft, if they aren't soft, cook them for a little longer. If they are getting browned too quickly, turn the heat down a little.*



4 You can also prepare the **ciabatta** while your lamb mixture is simmering and the aubergine is grilling! Cut the **ciabatta** into slices about 1cm thick and leave to the side.

5 When your **lamb mixture** is nice and thick, remove your **cinnamon stick** and pour into an ovenproof dish. Lay your **aubergine** on top and spoon over the **crème fraîche**. Spread your **crème fraîche** with the back of a spoon and then grate over the **parmesan**. Put the dish under your grill for 5 mins or until the top is bubbling and brown.

6 While your moussaka is browning, put the **rocket** in a bowl, drizzle over a splash of **olive oil** and a pinch of **salt** and **black pepper** and toss.

7 Once brown, remove your **moussaka** from your grill and pop your **ciabatta** slices under for 2 mins on each side. **Tip:** *Watch they don't burn!* Cut the remaining **garlic clove** in half, take your **ciabatta** out from under your grill and rub your **garlic clove** across each slice. You can also drizzle over a little **olive oil**.

8 Serve your **moussaka** with your **rocket** and **garlic ciabatta** on the side.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!