

Classic Lamb Moussaka

with Eggplant

hellóchef

This Greek classic pairs cinnamon spiced lamb with soft eggplants and a creamy sauce.

Cals 950 • Prot 57 • Carbs 67 • Fat 46

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🕒 cook: 60 min

R2825



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Lamb sauce	2 ppl	3 ppl	4 ppl	
Lean lamb mince	350	525	700	Grams
Potatoes	300	450	600	Grams
Eggplant	1	2	2	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Red onion	1	2	2	Piece
Garlic cloves	2	3	4	Piece
Cinnamon stick	1	1	1	Piece
Dried oregano	2	2	2	Grams
Chopped tomatoes	400	400	800	Grams
Tomato paste	30	50	70	Grams
Chicken stock cube 4*, 5*, 9*, 15*	0.5	1	1	Piece
Worcestershire sauce 6*, 11*	15	22	30	ML
Dried bay leaves	1	1	2	Piece
Red vinegar	15	22	30	ML
Water	100	150	200	ML
Honey	15	15	30	Grams
Black pepper	0.5	1	1	Tsp
White sauce				
Parmesan 4*	30	45	60	Grams
Butter 4*	30	50	50	Grams
Plain flour 10*, 11*	15	20	30	Grams
Whole milk 4*	200	400	400	ML
Organic Eggs 5*	1	2	2	Piece
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *6 Fish, *11 Gluten, *10 Wheat

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4233 / 950
Fat (g)	45.8
of which saturates (g)	28.6
Carbohydrate (g)	67
of which sugars (g)	28.5
Fiber (g)	17
Protein (g)	56.9
Salt (g)	3.3

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast vegetables

Preheat the oven to 200°C/180°C fan. Peel and finely slice the **potatoes**. Peel the **eggplants** in a stripey pattern and slice them into thin disks. Place the **eggplant** and **potatoes** on a baking tray, drizzle generously with **olive oil** and season with **salt**. Roast for 25 min. Use two trays if the vegetables are crowded.



2 Prep

Meanwhile, peel and finely dice the **onion**. Peel and crush the **garlic**. Grate the **Parmesan**.



3 Simmer sauce

Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **lamb mince** and **cinnamon stick** and fry for 5 min until browned. Add the **onion**, **garlic** and **oregano** and fry for 4 min further. Add the **chopped tomatoes**, **tomato paste**, **stock cube**, **Worcestershire sauce**, **bay leaves**, **red vinegar**, **water**, **honey** and **black pepper**. Simmer for 15 min.



4 Make roux

Meanwhile, heat a second large pan or saucepan over a medium heat. Once hot, add the **butter** and **flour** and cook, stirring continuously, for 1 min or until a sandy **paste** has formed.



5 Finish white sauce

Once a **paste** has formed, gradually whisk in the **milk** and cook for 3–5 min further or until the sauce has thickened. Once the sauce has thickened, remove the pan from the heat and allow the sauce to cool slightly. Once cooled, add the **Parmesan** and **eggs**. Season with **salt** and **pepper**.



6 Bake

Pour 1/2 of the **lamb sauce** into an ovenproof dish. Cover with 1/2 of the **potatoes** and **eggplants** – you don't need complete layers, just to arrange them roughly on top. Repeat this process, finishing with the **eggplants**. Top with the **white sauce**. Bake for 30 min or until golden brown.