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Quick Cheat 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!

40 mins



Onion (1)



Carrot (1)



Garlic Clove (2)



Aubergine (1)



Lamb Mince (225g)



Cinnamon (½ tbsp)



Organic Chopped Tomatoes (1 tin)



Ciabatta (1)



Crème Fraîche (1 small pot)



Parmesan (2 tbsp)




Rocket (1 bag)

Ingredients

2 PEOPLE

ALLERGENS

Onion, chopped	1	
Carrot, chopped	1	
Garlic Clove, chopped	2	
Aubergine, sliced	1	
Lamb Mince	225g	
Cinnamon	½ tbsp	
Organic Chopped Tomatoes	1 tin	
Ciabatta	1	Gluten
Crème Fraîche	1 small pot	Milk
Parmesan	2 tbsp	Milk
Rocket	1 bag	

 Our fruit and veggies come fresh from the farm so give them a little wash before using

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!

Nutrition per serving: Calories: 812 kcal | Protein: 41 g | Carbs: 64 g | Fat: 49 g | Saturated Fat: 30 g

1



1 Peel and chop your onion and carrot into roughly 1cm pieces. Peel and chop one of your garlic cloves. Slice your aubergine into disks approximately 1cm thick.

3



2 Add 1 tbsp of oil to a non-stick frying pan on medium heat, pop your onion in the pan and cook for roughly 5 mins until the onion is soft, then add your carrot and garlic and cook for a further 3 mins. Add your lamb mince to the pan along with your cinnamon. Stir and cook until the meat is browned, then add your chopped tomatoes, ¼ tsp of salt, a good grind of pepper and ½ tsp of sugar (if you have some).

4



3 Bubble the mixture away gently for 15-20 mins until the mixture is thick and tomatoey.

6



4 While the mixture is bubbling, pre-heat your grill to high. Put your aubergine slices on a baking tray with a drizzle of olive oil, a pinch of salt and a good grind of pepper and grill for 4 mins on one side and 3 mins on the other side. Take the aubergine out from under the grill and leave to the side (leave the grill on). **Tip:** The aubergine slices should be slightly browned.

5 You can also prepare your ciabatta while your lamb mixture is thickening up! Cut your ciabatta into slices about 1cm wide and leave to the side for later.

6 When the lamb mixture is nice and thick, pour it into a baking dish, lay your aubergine slices on top and spoon over your crème fraîche. Spread the crème fraîche out with the back of a spoon and then grate over your parmesan. Put the dish under the grill for 5 mins or until the top is bubbling and brown.

7 While your moussaka is browning, put your rocket in a bowl, drizzle over 1 tbsp of oil and a pinch of salt and pepper and toss.

8 When the 5 mins are up, remove the moussaka from under the grill and pop the ciabatta slices under, for 2 mins on each side. **Tip:** Watch they don't burn! Cut your remaining garlic clove in half, take the ciabatta out from under the grill and rub the garlic clove on the top of each ciabatta slice. You can also drizzle over a little olive oil.

9 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!