



Lamb Moussaka

with Aubergine and Carrot

CLASSIC 35 Minutes • 1.5 of your 5 a day



Carrot



Aubergine



Lamb Mince



Ground Cinnamon



Finely Chopped
Tomatoes with
Onion and Garlic



Chicken Stock Powder



Crème Fraîche



Hard Italian Style
Grated Cheese

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Frying Pan, Baking Tray and Ovenproof Dish.

Ingredients

	2P	3P	4P
Carrot**	1	1	2
Aubergine**	1	1½	2
Lamb Mince**	200g	300g	400g
Ground Cinnamon	1 small pot	1 large pot	1 large pot
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Crème Fraîche 7)**	1 pouch	1½ pouches	2 pouches
Hard Italian Style Grated Cheese 7) 8)**	1 pack	1½ packs	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	606g	100g
Energy (kJ/kcal)	2510/600	414/99
Fat (g)	42	7
Sat. Fat (g)	20	3
Carbohydrate (g)	29	5
Sugars (g)	22	4
Protein (g)	32	5
Salt (g)	3.14	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Prep Time!

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.



4. Grill the Moussaka

When the **lamb mixture** is nice and thick, pour into an ovenproof dish. Lay the **aubergine** on top and spoon over the **crème fraîche**, making sure you spread it out with the back of a spoon. Sprinkle over the **hard Italian style cheese**.



2. Cook the Lamb

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



5. Finish

Grill the **moussaka** until the top is bubbling and brown, about 3-4 mins,



3. Aubergine Time!

Meanwhile, arrange the **aubergine slices** in a single layer on a baking tray with a drizzle of **oil** and season with **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.



6. Serve

Once brown, remove the **moussaka** from under the grill. Let it sit for a minute, then serve immediately.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.