

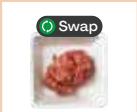


# Carb Smart Beef and Eggplant Bake

with DIY Béchamel

Smart Meals

40 Minutes



Ground Turkey  
250 g | 500 g

Customized Protein

+ Add

Swap

or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Beef  
250 g | 500 g



Yellow Onion  
½ | 1



Eggplant  
½ | 1



Russet Potato  
1 | 2



Shawarma Spice Blend  
1 tbsp | 2 tbsp



Tomato Sauce Base  
2 tbsp | 4 tbsp



Cream  
56 ml | 113 ml



Cream Cheese  
2 | 4



Cream Sauce Spice Blend  
1 tbsp | 2 tbsp



Parsley  
7 g | 14 g



Beef Broth Concentrate  
1 | 2

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities 56 g | 113 g  
2-serving | 4-serving

**Pantry items** | Butter, pepper, salt, oil

**Cooking utensils** | Aluminum foil, baking sheet, colander, measuring cups, measuring spoons, medium oven-proof pan, medium pot, vegetable peeler, whisk

1



### Prep and roast eggplant

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Peel, then cut **half the eggplant** into 1-inch pieces (use all for 4 servings).
- Add **eggplant** to a foil-lined baking sheet. Drizzle **1 ½ tbsp** (3 tbsp) **oil** over top, then season with **salt** and **pepper**. (**TIP:** We love using olive oil in this recipe!) Toss to coat.
- Broil in the **middle** of the oven for 10-12 min, tossing halfway through, until tender and golden.

4



### Make béchamel

- Heat a medium oven-proof pan over medium-high (use a large oven-proof pan for 4 servings).
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **onions**. Cook 2-3 min, stirring, until tender. Sprinkle **Cream Sauce Spice Blend** over top. Stir to coat.
- Add **½ cup** (¾ cup) **water**, **cream cheese** and **cream**. Bring to a gentle boil.
- Cook 2-3 min, whisking often, until smooth and thickened.
- Remove from heat, then transfer to a bowl. Season with **salt** and **pepper**.

2



### Prep and cook potatoes

- Remove any brown spots from **potato**, then peel and cut **potato** into ¼-inch rounds.
- To a medium pot, add **potatoes**, **1 tsp salt** and enough water to cover (by approx. 1 inch) (use same for 4 servings). Cover and bring to a boil.
- Once boiling, reduce heat to medium-high. Simmer 7-10 min, uncovered, until fork-tender.
- Drain and set aside.

5



### Cook beef

- [Swap](#) | [Ground Turkey](#)
- Carefully rinse and wipe the same pan (from step 4) clean. Reheat over medium-high.
- When hot, add **beef** to the dry pan. Cook 4-5 min, breaking up **beef** into smaller pieces, until no pink remains.\*\*
- Carefully drain and discard excess fat.
- Add **tomato sauce base** and **Shawarma Spice Blend**. Cook 30 sec, stirring often, until fragrant.
- Add **½ cup** (¾ cup) **water**, **broth concentrate**, **broiled eggplant** and **half the parsley**. Stir to combine. Remove from heat, then season with **salt** and **pepper**.

3



### Finish prep

- Meanwhile, peel, then cut **half the onion** into ¼-inch pieces (use whole onion for 4 servings).
- Roughly chop **parsley**.

6



### Finish and serve

- Arrange **potatoes** over **beef mixture** in a single layer. Pour **béchamel** over **potatoes**, then spread in an even layer.
- Broil in the **middle** of the oven for 4-7 min, until **top** is golden and edges are bubbling.
- When **beef and eggplant bake** is done, carefully remove from the oven and let rest, at least 5 min. (**NOTE:** The pan's handle will be very hot.)
- Divide **beef and eggplant bake** between bowls. Sprinkle **remaining parsley** over top.

**Measurements within steps** | **1 tbsp** (2 tbsp) **oil**  
2-serving 4-serving Ingredient

#### For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

### 5 | Cook turkey

[Swap](#) | [Ground Turkey](#)

If you've opted to get **turkey**, add **1 tbsp** (2 tbsp) **oil** to the pan, then add **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **beef**.\*\* Disregard instructions to drain excess fat.

\*\* Cook to a minimum internal temperature of 165°F.