

Carb Smart Beef Moussaka

with Roasted Eggplant and DIY Bechamel

Carb Smart

40 Minutes







Ground Beef



Yellow Onion



Eggplant

Shawarma Spice Blend





Russet Potato





Tomato Sauce Base



Cream Cheese







Beef Broth Concentrate



HELLO SHAWARMA SPICE BLEND

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredient

Bust out

Baking sheet, vegetable peeler, colander, medium ovenproof pan, measuring spoons, aluminum foil, medium pot, measuring cups, whisk

Ingredients

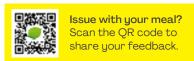
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	2 Person	4 Person
Ground Beef	250 g	500 g
Double Ground Beef	500 g	1000 g
Yellow Onion	1	1
Eggplant	1/2	1
Russet Potato	1	2
Shawarma Spice Blend	1 tbsp	2 tbsp
Tomato Sauce Base	2 tbsp	4 tbsp
Cream	56 ml	113 ml
Cream Cheese	1	2
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Parsley	7 g	14 g
Beef Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F.

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.





Prep and roast eggplant

- Peel, then cut **half the eggplant** into 1-inch pieces (use all for 4 ppl).
- Add **eggplant** to a foil-lined baking sheet. Drizzle **1 tbsp** (2 tbsp) **oil** over top, then season with **salt** and **pepper**. Toss to coat.
- Broil in the **middle** of the the oven, tossing halfway through, until tender and goldenbrown, 10-12 min.



- Heat a medium oven-proof pan over medium-high heat (NOTE: Use a large ovenproof pan for 4 ppl).
- When hot, add beef to the dry pan. Cook, breaking up beef into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat. Add tomato sauce base and Shawarma Spice Blend. Cook, stirring often, until fragrant, 30 sec.
- Add ¼ cup (½ cup) water, broth concentrate, broiled eggplant and half the parsley. Stir to combine. Remove from heat, then season with salt and pepper, to taste.

If you've opted for **double beef**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of beef**. Work in batches, if necessary.



Prep and cook potatoes

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



Finish prep

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



Make bechamel

- Reheat the same pot (from step 2) over medium.
- When hot, add 1 tbsp (2 tbsp) butter, then onions. Cook, stirring often, until tender,
 2-4 min. Sprinkle Cream Sauce Spice Blend over top, then stir to combine.
- Add ½ cup (¾ cup) water, cream cheese and cream. Bring to a gentle boil.
- Cook, whisking often, until smooth and thickened, 2-3 min.
- Remove from heat. Season with salt and pepper, to taste.



Finish and serve

- Arrange potatoes over beef in a single layer.
 Pour béchamel over potatoes, then spread in an even layer.
- Broil in the **middle** of the oven until **top** is golden-brown and **edges** are bubbling, 3-5 min.
- When **moussaka** is done, carefully remove from the oven and let rest for at least 5 min. (NOTE: The pan's handles will be very hot!)
- Divide **moussaka** between bowls. Sprinkle **parsley** over top.

Dinner Solved!