



# Carb Smart Beef Moussaka

with Roasted Eggplant and DIY Bechamel

Carb Smart 40 Minutes



**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

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- Ground Beef
- Double Ground Beef
- Yellow Onion
- Eggplant
- Russet Potato
- Shawarma Spice Blend
- Tomato Sauce Base
- Cream
- Cream Cheese
- Cream Sauce Spice Blend
- Parsley
- Beef Broth Concentrate

HELLO SHAWARMA SPICE BLEND  
A unique blend of smoky, sweet and delicious!

## Start here

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

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

## Bust out

Baking sheet, vegetable peeler, colander, medium oven-proof pan, measuring spoons, aluminum foil, medium pot, measuring cups, whisk

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Double Ground Beef	500 g	1000 g
Yellow Onion	1	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	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.*

1



### 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 golden-brown, 10-12 min.

4



### Cook beef

- Heat a medium oven-proof pan over medium-high heat (**NOTE:** Use a large oven-proof 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.

2



### 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.

5



### 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.

3



### Finish prep

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

6



### 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!



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