



# ZUCCHINI BEEF MOUSSAKA

with Cream Sauce

FAMILY



## HELLO

### LEMON PEPPER

This commonly used seasoning in Greek cuisine adds a citrusy flavour

TIME: 45 MIN



Ground Beef



All-Purpose Flour



Zucchini



Yellow Potato



Lemon Pepper Seasoning



Red Wine Vinegar



Sour Cream



Tomato Paste



Garlic



Red Onion, diced



Parmesan Cheese

## BUST OUT

- 9x13" Baking Dish
- Medium Pot
- Measuring Cups
- Aluminum Foil
- Strainer
- Large Non-Stick Pan
- Garlic Press
- Peeler
- Measuring Spoons
- Salt and Pepper
- Milk **2** (½ cup)
- Olive or Canola Oil
- Unsalted Butter **2** (3 tbsp)

## INGREDIENTS

4-person

- Ground Beef 500 g
- All-Purpose Flour **1** 1 cup
- Zucchini 200 g
- Yellow Potato 600 g
- Lemon Pepper Seasoning 2 tbsp
- Red Wine Vinegar **9** 2 tbsp
- Sour Cream **2** 9 tbsp
- Tomato Paste ¼ cup
- Garlic 12 g
- Red Onion, diced 113 g
- Parmesan Cheese **2** ½ cup

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- |                 |                           |
|-----------------|---------------------------|
| 0 Fish/Poisson  | 6 Mustard/Moutarde        |
| 1 Wheat/Blé     | 7 Peanut/Cacahuète        |
| 2 Milk/Lait     | 8 Sesame/Sésame           |
| 3 Egg/Oeuf      | 9 Sulphites/Sulfites      |
| 4 Soy/Soja      | 10 Crustacean/Crustacé    |
| 5 Tree Nut/Noix | 11 Shellfish/Fruit de Mer |

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 71°C/160°F.



## START STRONG

Preheat the oven to **450°F** (to bake moussaka). Start prepping when the oven comes up to temperature!



**1 PREP** Wash and dry all produce.\* In a medium pot, add **6 cups water** and **2 tsp salt**. Cover and bring to a boil over high heat. Meanwhile, peel, then cut **potatoes** into ¼-inch rounds. Cut **zucchini** into ¼-inch rounds. Peel, then mince or grate **garlic**.



**4 MAKE CREAM SAUCE** Heat the same pot over medium heat. When the pot is hot, add **3 tbsp butter**, then **remaining onions**. Cook, stirring often, until slightly softened, 2-3 min. Sprinkle over **flour** and add **garlic**. Cook, stirring often, until coated, 1 min. Add **½ cup milk** and bring to a boil. Cook, stirring often, until thickened, 1 min. Remove pot from the heat, then stir in **sour cream**. Season with **salt** and **pepper**.

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**2 BOIL POTATOES** To **boiling water**, add **potatoes**. Reduce heat to medium. Cook, uncovered, until partially cooked, 5-6 min. Drain and set aside. Wipe the pot clean.



**5 ASSEMBLE & BAKE** Grease a 9x13-inch baking dish with **oil**. Spoon **¼ cup cream sauce** into dish. Top with even layers of **potatoes**, then **beef**, then **zucchini**. Spread **remaining cream sauce** over top, then sprinkle over **Parmesan**. Cover with foil. Bake, in **middle** of oven, until edges are bubbly and **zucchini** is tender-crisp, 14-16 min.



**3 COOK BEEF** Meanwhile, heat a large non-stick pan over medium-high. When the pan is hot, add **1 tbsp oil**, then **beef**, **lemon pepper seasoning** and **half the onions**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 7-8 min. (**TIP:** Cook to a min. internal temp. of 71°C/160°F.\*\*) Add **tomato paste** and **1 tbsp vinegar**. Stir to combine. Season with **salt**. Set aside.



**6 FINISH AND SERVE** When **veggies** are almost tender, remove foil. Turn broiler to **high**. Broil, in **middle** of oven, until top is golden-brown and **veggies** are tender, 4-5 min. Divide **moussaka** between plates.

## DELICIOUS

This moussaka is comfort food at its best!