



Maria Portokalos' Plant-Based Ground Moussaka

with Tomato, Eggplant & Béchamel



40-50min



2 Servings

It's moussaka! Layers of tender eggplant and warmly-spiced crumbled Impossible burgers come together under a creamy béchamel, then the whole skillet takes a trip under the broiler until everything is golden and bubbling. Enjoy right away, or channel your inner Toula and pack it for lunch the next day, then catch a showing of *My Big Fat Greek Wedding 3*. Only in theaters September 8.

What we send

- 1 eggplant
- 2 (¾ oz) Parmesan ⁷
- 1 yellow onion
- 14½ oz whole peeled tomatoes
- ¼ oz fresh parsley
- ½ lb pkg Impossible patties ⁶
- ¼ oz warm spice blend

What you need

- olive oil
- kosher salt & ground pepper
- all-purpose flour (or gluten-free alternative)
- 1 large egg ³
- garlic
- milk ⁷

Tools

- rimmed baking sheet
- microplane or grater
- medium ovenproof skillet
- small saucepan

Allergens

Egg (3), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 910kcal, Fat 61g, Carbs 55g, Protein 40g



1. Cook eggplant

Preheat broiler with a rack in the upper third. Cut **eggplant** crosswise into ½-inch thick rounds. On a rimmed baking sheet, toss eggplant with **¼ cup oil** and season with **salt** and **pepper** (it's okay if they overlap). Broil on upper rack until well browned, about 10 minutes (watch closely). Flip eggplant, drizzle with **oil** if dry, and continue to broil until tender, 5-10 minutes.



4. Simmer sauce

Add **garlic** and **1½ teaspoons warm spice blend** to skillet with **plant ground**; cook, stirring, about 1 minute. Add **tomatoes**, **¼ cup water**, and **a pinch each of salt and pepper**. Bring to a simmer. Reduce heat to medium; cook until sauce thickens, about 5 minutes. Stir in **half of the parsley**. Season to taste with **salt** and **pepper**. Reduce heat to low; cover to keep warm.



2. Prep ingredients

Finely grate all of the **Parmesan**. Coarsely chop **onion**. Finely chop **2 teaspoons garlic**. Use kitchen shears to cut **tomatoes** in the can until finely chopped. Coarsely chop **parsley leaves and stems**.



5. Cook béchamel

Heat **2 tablespoons butter or oil** in a small saucepan over medium-high. Whisk in **3 tablespoons flour**; cook until golden and nutty, 1-2 minutes. Slowly whisk in **1 cup milk** and bring to a boil. Remove from heat and whisk in **1 large egg**, **half of the Parmesan**, and **a pinch of warm spice blend**. Season to taste with **salt** and **pepper**.



3. Brown plant-based ground

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **Impossible patties** and **a pinch each of salt and pepper**. Cook, stirring occasionally and breaking up into smaller pieces with a spoon, until well browned, 3-5 minutes. Add **onions** and continue to cook, stirring occasionally, until onions are softened and lightly browned, about 5 minutes.



6. Broil & serve

Transfer **plant ground sauce** to a medium bowl. Layer **half of the eggplant** on the bottom of skillet. Top with half of the sauce. Repeat with remaining eggplant and sauce. Pour **béchamel** over top and sprinkle with **remaining Parmesan**. Broil on upper oven rack until topping is browned in spots, 3-4 minutes (watch closely). Serve **moussaka** topped with **remaining parsley**. Enjoy!