

# DINNERLY



## Beef Pastitsio with Parmesan



30-40min



2 Servings

Everyone loves a pasta bake, especially when you're doing it as the Greeks do. Saucy beef and pasta topped with a creamy bechamel sauce is all you need to make a big (and we're talking BIG) impression. We've got you covered!



## WHAT WE SEND

- 1 yellow onion
- 10 oz pkg grass-fed ground beef
- 6 oz tomato paste
- ¼ oz ras el hanout
- ½ lb elbow macaroni <sup>1</sup>
- ¾ oz Parmesan <sup>2</sup>

## WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- all-purpose flour <sup>1</sup>
- 1¾ cups milk <sup>2</sup>
- 1 large egg <sup>3</sup>

## TOOLS

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

## ALLERGENS

Wheat (1), Milk (2), Egg (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 1210kcal, Fat 59g, Carbs 119g, Protein 54g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third.

Coarsely chop **onion**.

Finely chop **2 teaspoons garlic**.

Finely grate **Parmesan**, if necessary.



### 2. Cook onions & beef

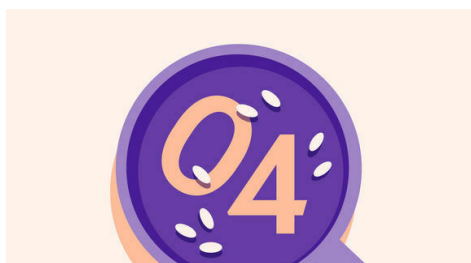
Heat **1 tablespoon oil** in a large ovenproof skillet over medium-high. Add **onions** and cook, stirring, until fragrant and lightly golden, about 2 minutes. Add **beef** and **chopped garlic**; season with **salt** and **pepper**. Cook, breaking beef up into small pieces, until browned and cooked through, about 5 minutes.



### 3. Assemble & bake

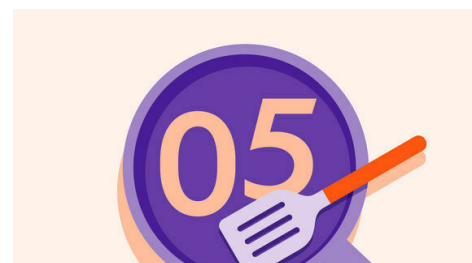
In same skillet, add **tomato paste** and **2 teaspoons ras el hanout**, scraping up any browned bits from bottom of skillet. Stir in **4 cups water**; bring to a boil over high heat.

Remove from heat; stir in **macaroni** and **1 teaspoon salt** until combined. Place skillet on a rimmed baking sheet. Bake on upper oven rack, uncovered, until pasta is al dente and sauce thickens, 10–15 minutes.



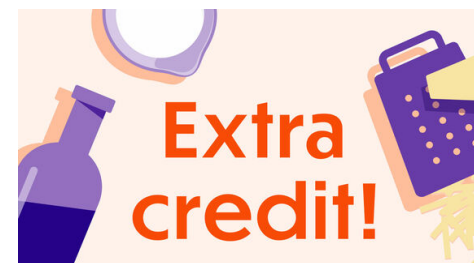
### 4. Make béchamel sauce

Meanwhile, heat **3 tablespoons oil** in a small saucepan over medium-high. Add **2 tablespoons flour**, whisking, until golden and nutty, 1–2 minutes. Slowly whisk in **1¾ cups milk**; bring to a boil. Reduce heat to medium-low; simmer, whisking, until sauce coats back of a spoon, 1–2 minutes. Remove from heat and cover to keep warm.






### 5. Broil topping & serve

Remove skillet from oven. Switch oven to broil. Slowly whisk **1 large egg** into **béchamel sauce**, then add **Parmesan** in large pinches, whisking until smooth. Season to taste with **salt** and **pepper**. Pour sauce over filling in skillet (it won't cover completely). Broil on top oven rack until sauce is browned in spots, 2–4 minutes (watch closely as broilers vary). Enjoy!



### 6. Did you know?

Ordering Dinnerly is not only more convenient, but it also reduces your carbon footprint. A study from the University of Michigan found that cooking with meal kits (including packaging) generates a much lower carbon footprint than purchasing the same ingredients at the grocery store. Considering every step in the process, average greenhouse gas emissions are ⅓ lower when cooking with meal kits.

Questions about the recipe? Cooking hotline: **888-267-2850** (Mon - Fri 9AM-9PM)  
View the recipe online by visiting your account at [dinnerly.com](https://dinnerly.com)    **#dinnerly**