



Beef Pastitsio

with Spinach Salad & Kalamata Dressing



30-40min



2 Servings

Pastitsio is a Greek dish that combines grass-fed ground beef, pasta, spices, and a creamy béchamel sauce. Béchamel is one of the five mother sauces, developed by chef Auguste Escoffier in the 19th century. Mother sauces serve as the base of a dish and, once mastered, are easily adapted for countless applications.

What we send

- 1 yellow onion
- garlic
- 4 oz elbow macaroni ²
- 10 oz pkg grass-fed ground beef
- 6 oz tomato paste
- ¼ oz garam masala
- 2 oz shredded fontina ¹
- 1 oz Kalamata olives
- 5 oz baby spinach

What you need

- kosher salt & ground pepper
- olive oil
- butter ¹
- ¼ c all-purpose flour ²
- 1¼ c milk ¹
- 1 large egg ³
- red wine vinegar (or white wine vinegar)

Tools

- medium saucepan
- medium ovenproof skillet

Allergens

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

Nutrition per serving

Calories 1130kcal, Fat 67g, Carbs 80g, Protein 55g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Bring a medium saucepan of **salted water** to a boil. Halve and finely chop **all of the onion**. Finely chop **1 teaspoon garlic**.



2. Cook pasta & onions

Add **pasta** to boiling water and cook until al dente, 8-9 minutes. Reserve **½ cup cooking water**, then drain pasta. Reserve saucepan for step 4. Meanwhile, heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **all but 1 tablespoon of the onions** and cook, stirring, until softened, 2-3 minutes.



3. Cook beef filling

To same skillet, add **beef** and **chopped garlic**; cook, breaking meat into smaller pieces, until cooked through and fragrant, 6-8 minutes. Spoon off as much fat as possible. Add **3 tablespoons tomato paste** and **1½ teaspoons garam masala**; cook for 1 minute. Stir in **reserved cooking water**; season with **salt** and **pepper**. Cook until liquid is nearly evaporated, about 5 minutes.



4. Make béchamel sauce

To reserved saucepan, melt **2 tablespoons butter** over medium heat. Sprinkle **¼ cup flour** into saucepan and cook, whisking, about 1 minute. Whisk in **1¼ cups milk** and cook, whisking constantly, until sauce is smooth and very thick, about 2 minutes. Off the heat, stir in **shredded fontina** until melted. Season to taste with **salt** and **pepper**. Stir in **pasta** and **1 large egg**.



5. Bake pastitsio

Spoon **pasta and sauce** over **beef filling** in an even layer. Bake on upper oven rack until bubbling and just beginning to brown, about 10 minutes. Switch oven to broil.



6. Make salad & serve

Coarsely chop **olives**, removing any pits if necessary. Transfer to a medium bowl with **remaining onions**. Add **1 tablespoon each of oil and vinegar**; season with **salt** and **pepper**. Add **spinach** and toss to combine. Broil **pastitsio** on top oven rack until golden, 1-2 minutes (watch closely as broilers vary). Serve **pastitsio** with **salad** alongside. Enjoy!