

DINNERLY



Skillet Beef Moussaka with Eggplant & Creamy Sauce



30-40min



2 Servings

Say it with us now, "moo-saa-kuh." That's Greek for layers of rich tomato beef sauce with tender pieces of eggplant, topped with a creamy béchamel sauce. Also, known as the low-carb dinner you'll want right out of the oven or straight from the fridge for breakfast. We've got you covered!

WHAT WE SEND

- ¼ oz granulated garlic
- 2 scallions
- 1 eggplant
- 10 oz pkg grass-fed ground beef
- 6 oz tomato paste
- ¼ oz ras el hanout
- ¾ oz Parmesan ⁷

WHAT YOU NEED

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

TOOLS

- microplane or grater
- small saucepan
- medium skillet

ALLERGENS

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

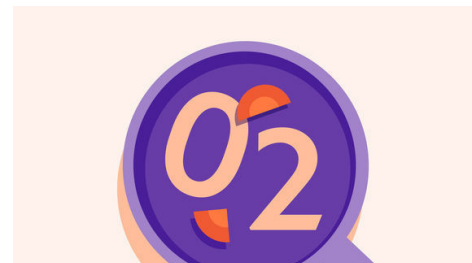
NUTRITION PER SERVING

Calories 780kcal, Fat 47g, Carbs 37g, Protein 43g



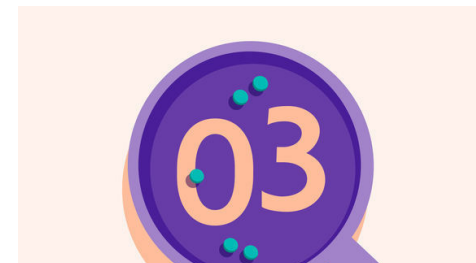
1. Prep ingredients

Preheat broiler with top rack 6 inches from heat source. Trim and discard ends from **scallions**, then thinly slice. Trim and discard ends from **eggplant**, then peel and cut into ½-inch pieces. Finely grate **Parmesan**, if necessary.



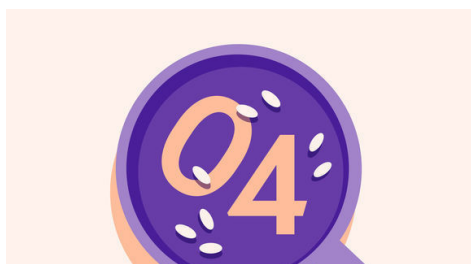
2. Cook creamy sauce

Heat **2 tablespoons oil** in a small saucepan over medium-high. Add **3 tablespoons flour**, then cook, whisking constantly, until golden and nutty, 1–2 minutes. Slowly whisk in **1 cup milk** and bring to a boil. Reduce heat to medium-low, then simmer, stirring, until very thick, about 2 minutes; season with **salt** and **pepper**. Remove saucepan from heat and cover to keep warm



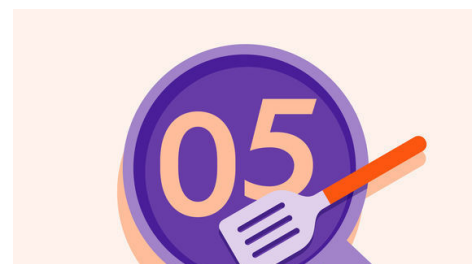
3. Cook beef & eggplant

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **beef**, **½ teaspoon granulated garlic**, **half of the scallions**, and **a pinch of salt**; cook, breaking beef up into smaller pieces, until browned, 3–5 minutes. Reduce heat to medium, then add **eggplant** and **a generous pinch of salt**. Cover and cook, stirring occasionally, until eggplant is tender, 5–7 minutes.



4. Add tomato paste & spice

To skillet with **beef mixture**, add **3 tablespoons of the tomato paste** and **1 teaspoon of the ras el hanout spice**; cook, stirring, until fragrant, 1–2 minutes. Stir in **½ cup water** and bring to a boil over high, scraping up any browned bits from the bottom. Reduce heat to medium-high and simmer until thickened, about 2 minutes; season to taste with **salt** and **pepper**.



5. Finish & serve

To saucepan with **creamy sauce**, whisk in **Parmesan** and **1 large egg**, until smooth. Top **beef mixture** with **sauce**. Broil on top oven rack until **sauce** is browned in spots, 3–4 minutes (watch closely). Serve **skillet beef moussaka** topped with **remaining scallions**. Enjoy!



6. Now, you know!

Some eggplant can be more bitter than other varieties, but salting beforehand can reduce bitterness. Place prepped eggplant in a large colander over a bowl and mix with 1 tablespoon salt. Top the eggplant with a plate weighted down with cans. Let sit for 30 minutes to 1 hour before using. Rinse well with cold water, then dry with paper towels.