



Skillet Beef Moussaka

with Tomato, Eggplant & Béchamel



40-50min



2 Servings

We could never choose our favorite Greek dish, but moussaka would be at the top of the list if we had to. Our version doesn't stray too far from tradition. It features rich tomato sauce, grass-fed ground beef, and roasted eggplant topped with a creamy béchamel sauce. We love it straight out of the oven, but it's equally delicious the next day, reheated or straight out of the fridge, no judgment here!

What we send

- 1 eggplant
- 2 (¾ oz) Parmesan ²
- 1 yellow onion
- 14½ oz can whole peeled tomatoes
- ¼ oz fresh parsley
- 10 oz pkg grass-fed ground beef
- ¼ oz warm spice blend
- garlic

What you need

- olive oil
- kosher salt & ground pepper
- all-purpose flour (or gluten-free alternative)
- 1 large egg ¹
- milk ²

Tools

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

Allergens

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

Nutrition per serving

Calories 990kcal, Fat 64g, Carbs 50g, Protein 49g



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 **beef**; 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 meat sauce thickens, about 5 minutes. Stir in **half of the parsley**. Season to taste with **salt** and **pepper**. Reduce heat to low and 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 meat

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



6. Broil & serve

Transfer **meat sauce** to a medium bowl. Layer **half of the eggplant** on the bottom of skillet. Top with half of the meat sauce. Repeat with remaining eggplant and meat 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!