

# DINNERLY



## Skillet Moussaka with Plant-Based Ground

Eggplant & Creamy Sauce



30-40min



2 Servings

Say it with us now, "moo-saa-kuh." That's Greek for layers of rich tomato sauce with crumbled Impossible patties, 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
- ¾ oz Parmesan <sup>6</sup>
- ½ lb pkg Impossible patties
- 6 oz tomato paste
- ¼ oz ras el hanout

## WHAT YOU NEED

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

## TOOLS

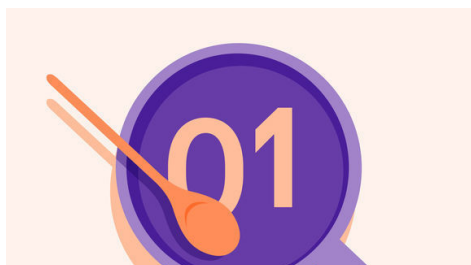
- microplane or grater
- small saucepan
- medium skillet

## ALLERGENS

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

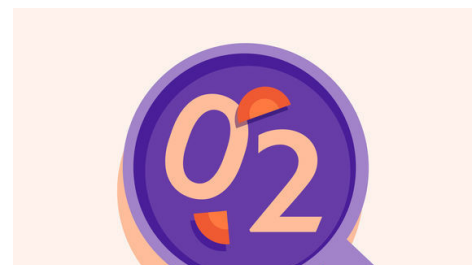
## NUTRITION PER SERVING

Calories 700kcal, Fat 44g, Carbs 46g, Protein 34g



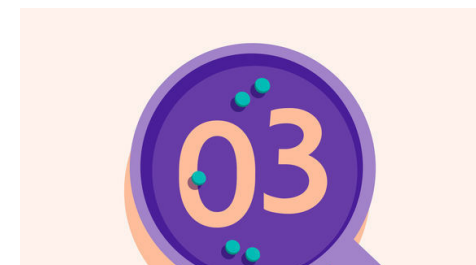
### 1. Prep ingredients

Preheat broiler with a rack in the top position. 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.



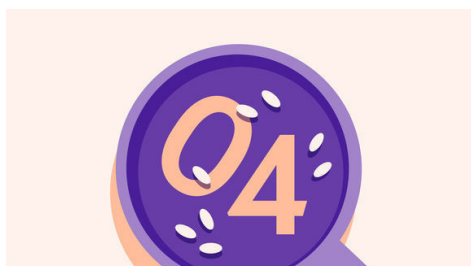
### 2. Cook creamy sauce

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



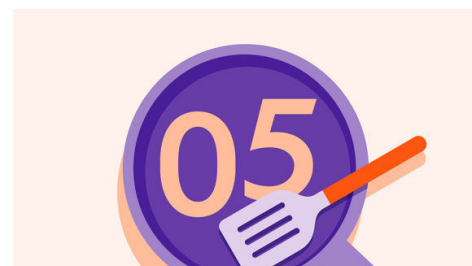
### 3. Cook plant-based ground

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **Impossible patties**, **½ teaspoon granulated garlic**, **half of the scallions**, and **a pinch of salt**; cook, breaking up plant ground, 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 **plant-based ground 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 **plant-based ground mixture** with **sauce**. Broil on top oven rack until **sauce** is browned in spots, 3–4 minutes (watch closely). Serve **skillet plant-based ground 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.