

# MARLEY SPOON



## Special: Moussaka mit Schweinehack

und cremiger Béchamelsauce



ca. 1h



2 Personen

## Was du von uns bekommst

- 1 Packung festkochende Kartoffeln
- 2 große Auberginen
- 1 rote Zwiebel
- 1 Knoblauchzehe
- 250g Schweinehackfleisch
- 200ml Béchamelsauce <sup>1,7</sup>
- 1 Päckchen gemahlener Zimt
- 200g passierte Tomaten
- 2 Stücke italienischer Hartkäse <sup>7</sup>
- 50g gemischter Salat
- 1 Packung schwarze Oliven

## Was du zu Hause benötigst

- 1 Ei <sup>3</sup>
- Salz und Pfeffer
- Zucker
- Olivenöl
- Essig

## Küchenutensilien

- Backofen und Auflaufform
- Backblech und Backpapier
- mittelgroßer Topf
- mittelgroße Pfanne
- Küchenreibe
- Küchenpinsel
- Sieb

Vergiss nicht, das Gemüse vor der Zubereitung gründlich zu waschen, insbesondere grünes Blattgemüse und Salate.

### Kochtipp

Cover the baking dish with a lid or some aluminium foil if the moussaka gets too dark during baking.

### Allergene

Gluten (1), Eier (3), Milch (7). Kann Spuren von anderen Allergenen enthalten.

### Nährwertangaben pro Portion

Energie 1170kJ, Fett 73g



**1. Cut vegetables**

Preheat the oven to 230°C (210°C fan). In a medium pot, boil enough salted water for the potatoes. Cut the eggplants lengthwise into 1cm thick slices. Cut the potatoes into 1cm slices as well.



**2. Roast eggplants**

On a parchment-lined baking tray, brush the eggplant slices with 2Tbsp olive oil and sprinkle with a large pinch of salt. Then turn the slices around and also brush the other side with 2Tbsp olive oil and sprinkle with a large pinch of salt. Roast the eggplants in the fully preheated oven for 10-12min. per side until they are golden brown from both sides.



**3. Boil potatoes**

Add the potatoes to the boiling water and cook for ca. 7min. until just cooked. Meanwhile, peel and halve the onion, then cut into thin strips. Peel and finely chop the garlic. Drain and let the potatoes steam in a sieve.



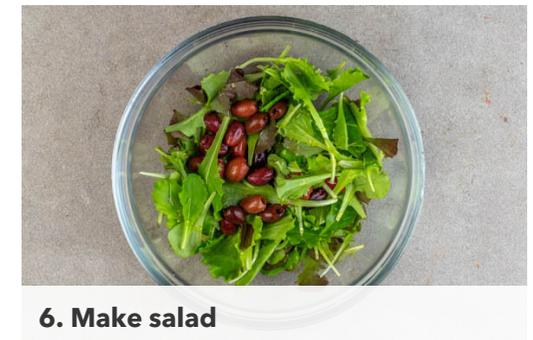
**4. Simmer sauce**

Heat up a medium pan on medium heat with 1Tbsp olive oil. Add the onions and fry for 2-3min. until softened. Then add the garlic and the minced meat and fry for ca. 2min. until the meat starts to brown. Add the passata, 1tsp cinnamon, ½tsp salt, ½tsp sugar and let the sauce simmer for 2-3min. Take off the heat and stir through the potatoes.



**5. Layer moussaka**

Using a fork, whisk 1 egg loose in a medium bowl. Grate the cheese. Mix the béchamel with the egg and cheese and season with a large pinch of salt and a pinch of pepper. Grease an oven dish of ca. 20x20cm. Add ½ the eggplants on the bottom, then add a potato-meat layer followed by the remaining eggplants. Pour over the béchamel mix.



**6. Make salad**

Bake the moussaka in the oven for ca. 30min. until the eggs are completely cooked and the top is golden brown. Meanwhile, make a dressing of ½Tbsp olive oil, ½Tbsp vinegar and a pinch of salt. Just before serving, mix the salad and olives through the dressing. Serve the moussaka with the salad to the side.