



# Moussaka with artichokes

60'

Hands on

40'

Cook Time

8-10

Portion(s)

2

Difficulty



## Method

- In a **pot** full of boiling water, add the artichokes and simmer for 15 minutes. When ready, remove from heat and set aside.
- Place a **pan** over heat and add the olive oil. Coarsely chop the onion, garlic and artichokes and add to pan. Sauté until golden.
- Add the rind of 1 lemon, rosemary, lemon cream, pepper and salt. Mix and transfer mixture to a **32x25 cm baking pan**.
- Remove the rosemary and lemon rind. Add the grated parmesan and coarsely chopped parsley.

### For the ground meat

- In a hot **pan**, add the olive oil, coarsely chopped onion and garlic, cinnamon stick, granulated sugar and ground meat. Sauté until golden.
- Add the bouillon cube, finely chopped thyme, salt, pepper and tomato paste. Sauté.
- Add the chopped tomatoes, lower heat and simmer for 5-10 minutes.

### For the béchamel sauce

- Place a pot over medium heat, add the butter and let it melt.
- Add the flour and whisk to sauté.
- Add the milk (at room temperature) in 5-6 batches while continuously whisking. When the mixture starts to thicken and boil, remove from heat.
- Add the grated parmesan, pepper, salt, egg yolks and ground nutmeg. Mix.
- Add 2 ½ **ladlefuls** of the béchamel sauce to the ground meat mixture. Remove cinnamon stick and mix.

### To assemble

- Preheat oven to 180\* C (350\* F) Fan.
- Spread the ground meat mixture over the artichokes.
- Cover with the hot béchamel sauce and sprinkle with grated parmesan.
- Bake for 30-40 minutes, until golden.
- When ready, remove from oven and allow to cool.
- **Serve** with fresh rosemary and thyme.

## Ingredients

- 1.200 g artichokes
- 1 onion
- 2 tablespoon(s) olive oil
- 1 clove(s) of garlic
- 1 lemon, the rind
- 2 sprig(s) rosemary
- 5-6 tablespoon(s) lemon cream
- salt
- pepper
- 150 g parmesan cheese, grated
- 1/3 bunch parsley

### For ground meat

- 2 tablespoon(s) olive oil
- 1 onion
- 1 clove(s) of garlic
- 1 stick(s) cinnamon
- 1 tablespoon(s) granulated sugar
- 500 g ground beef
- 1 chicken bouillon cube
- 6-7 sprig(s) rosemary, only the leaves
- salt
- pepper
- 1 tablespoon(s) tomato paste
- 400 g canned tomatoes

- 100 g butter
- 100 g all-purpose flour
- 750 g milk, at room temperature
- 100 g parmesan cheese, grated
- salt
- pepper
- 3 egg yolks
- 1 pinch nutmeg

### To serve

- herbs, fresh

## Διατροφικός πίνακας

### Nutrition information per portion

|                           |                       |                              |                            |
|---------------------------|-----------------------|------------------------------|----------------------------|
| 547<br>Calories<br>(kcal) | 35.0<br>Total Fat (g) | 15.0<br>Saturated<br>Fat (g) | 28.0<br>Total Carbs<br>(g) |
| 27%                       | 50%                   | 75%                          | 11%                        |
| 11.0<br>Sugars (g)        | 27.0<br>Protein (g)   | 3.5<br>Fibre (g)             | 1.7<br>Sodium (g)          |
| 12%                       | 54%                   | 14%                          | 28%                        |