



Authentic Greek Moussaka

35'
Hands on

1 hour'
Hands off

55'
Cook Time

8-10
Portion(s)

1
Difficulty



Method

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- Place a [deep pan](#) over high heat. Add the sunflower oil and let it get hot.
- Peel the potatoes and [slice](#) them into thin rounds.
- Slice the eggplants and zucchini into thin rounds and fry in a separate pan for 5-10 minutes.
- Remove with a slotted spoon and transfer to a [baking pan](#) lined with paper towels. Allow to drain from excess oil.

For the ground meat

- Place a [pot](#) over high heat and add the olive oil.
- Coarsely chop the onion and add to pan.
- Finely chop the garlic and add to pan along with thyme and sugar. Sauté for 2-3 minutes until they caramelize nicely.
- Add the ground meat and break it up with a wooden spoon. Sauté until golden brown.
- Add the tomato paste and sauté so that it loses its bitterness.
- Add the chopped tomatoes, lower heat and simmer for 5-10 minutes until the sauce thickens.
- Remove from heat and add the parsley and coarsely chopped basil. Season with salt and pepper.

For the béchamel sauce

- Place a pot over medium heat.
- Add the butter and let it melt.
- Add the flour and whisk until it soaks up all of the butter.
- Add the milk in small batches while continuously whisking so that no lumps form.
- As soon as the béchamel sauce thickens and bubbles start to form on the surface, remove from heat.
- Add the [nutmeg](#), salt, pepper, 100 g parmesan and 3 egg yolks. Whisk thoroughly.

To assemble

- Preheat oven to 180* C (350* F) Fan.
- In a [25x32 cm baking pan](#), spread a layer of potatoes, cover with a layer of eggplants and top with a layer of zucchini. Season in between layers.
- Add 2-3 tablespoons of béchamel sauce to the ground meat mixture and mix. Spread the ground meat over the vegetables.
- Cover with the béchamel sauce, spreading it evenly and sprinkle with 50 g of grated parmesan.
- Bake for 35-40 minutes.
- When ready, remove from oven and allow to cool.
- Serve with fresh herbs and olive oil.

Ingredients

- 3 potatoes
- 5-6 tablespoon(s) olive oil
- 1 onion
- 2 zucchinis, medium
- 2 eggplants
- thyme
- salt
- pepper

For the ground meat

- 1 onion
- 2 tablespoon(s) olive oil, for sautéing
- 1 clove(s) of garlic
- 3 pinches granulated sugar
- 1/2 teaspoon(s) nutmeg
- 1 level teaspoon(s) cinnamon
- 1 tablespoon(s) tomato paste
- 500 g ground beef
- 400 g canned tomatoes
- salt
- pepper

For the béchamel sauce

- 100 g butter
- 100 g all-purpose flour
- 750 ml milk, 3,5%
- pepper, ground
- 1 pinch nutmeg, ground
- 100 g parmesan cheese, grated
- 3 egg yolks

Διατροφικός πίνακας

Nutrition information per portion

462 Calories (kcal)	30.0 Total Fat (g)	14.0 Saturated Fat (g)	25.0 Total Carbs (g)
23%	43%	70%	10%
9.8 Sugars (g)	20.0 Protein (g)	3.8 Fibre (g)	0.7 Sodium (g)
11%	40%	15%	12%