

Roo's Recipes

BEEF MOUSSAKA

Ingredients

½ Diced onion	4-5 large potatoes sliced (around 0.5 cm thick) and part boiled
1 Clove of garlic crushed	1 pint of white sauce
1 Courgette diced	1 x 400g tin of chopped tomatoes plus half the tin of water
1 Carrot grated	Grated cheese for the top
250g Minced beef	
½ Aubergine diced	
2 tbsp of Tomato puree	
1 level tbsp of oregano	
1 Courgette diced	



Instructions

- Drizzle a small amount of olive oil into a pan. Fry off the onion and garlic for 2 minutes on a medium heat.
- Add the beef and fry off until browned. Drain the fat and replace on the heat.
- Add the grated carrots and oregano, cook for 1 minute. Add the chopped tomatoes, water, courgette, tomato puree and aubergine.
- Then bring to the boil and simmer for 20 minutes.
- Place mixture into an oven proof dish. Layer the potatoes over the top and then cover with a white sauce (see separate recipe card for how to make the white sauce).
- Sprinkle with grated cheese and bake in a pre-heated oven on 190°C for 20 minutes or until cheese is golden brown.



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