

DINNER

Greek Noodle Casserole (Pastitsio)

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
90 min	20 min	70 min	8	\$2.52	619 kcal



Greek Noodle Casserole (Pastitsio) takes approximately 1 hour and 30 minutes from beginning to end. This recipe makes 8 servings with 619 calories, 29g of protein, and 36g of fat each. For \$2.52 per serving, this recipe covers 22% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ¼ teaspoon freshly ground black pepper
- ☐ 12 ounces egg noodles
- ☐ 1½ cups 1/2 packed cups fresh mint leaves, chopped
- ☐ ½ teaspoon ground allspice
- ☐ 2 teaspoons ground coriander
- ☐ 1 pound ground lamb
- ☐ 8 servings Kosher salt
- ☐ 8 servings Butter, for greasing the baking dish
- ☐ ¼ cup chopped fresh mint leaves, optional
- ☐ 3 cloves garlic, chopped or smashed
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons ground cumin
- ☐ ½ cup heavy cream, at room temperature
- ☐ 1 cup milk, at room temperature

☐ 2 tablespoons extra-virgin olive oil

☐ 1 large onion, chopped

☐ 6 ounces cups grated Parmesan (about

☐ 1 cup plain Greek yogurt, at room temperature

☐ 3¾ cups 26-ounce jar tomato-basil sauce

EQUIPMENT Bowl, Frying pan, Sauce pan, Oven, Whisk, Pot, Baking pan

Method

- 1 Watch how to make this recipe.
- 2 Place an oven rack in the center of the oven and preheat to 400 degrees F. Butter a 9-by-13-inch baking dish.
- 3 Bring a large pot of salted water to a boil over high heat. Cook the noodles until tender but still firm to the bite, stirring occasionally, 7 to 9 minutes.
- 4 Drain and transfer to a large bowl.
- 5 Heat the oil over medium-high heat in a large skillet.
- 6 Add the onion, 1 teaspoon salt and 1/2 teaspoon pepper. Cook, stirring occasionally until soft, about 4 minutes.
- 7 Add the garlic and cook until aromatic, about 30 seconds.
- 8 Add the lamb, cumin, coriander, cinnamon, allspice, 1 teaspoon salt and the remaining 1/4 teaspoon pepper. Cook, stirring frequently, until cooked through, about 6 minutes.
- 9 Add the tomato sauce and mint. Bring the mixture to a boil. Reduce the heat and simmer for 5 minutes.
- 10 For the sauce: Simmer the milk and cream over medium heat in a medium heavy-bottomed saucepan. Reduce the heat to low.
- 11 Add the cheese and whisk until the cheese is melted and the sauce is smooth.
- 12 Remove the pan from the heat and stir in the yogurt.
- 13 Add the meat sauce to the pasta and toss well until the noodles are coated.
- 14 Transfer the mixture to the baking dish. Spoon the cheese sauce evenly on top and bake until golden brown, 25 to 30 minutes. Cool for 10 minutes.
- 15 Sprinkle with chopped mint if using, and serve.

Nutrition per serving

619

KCAL

29 g

PROTEIN

36 g

FAT

44 g

CARBS

Saturated Fat	17.1 g · 107% of daily needs
Fibre	4.7 g · 19% of daily needs
Sugar	8.2 g · 9% of daily needs
Sodium	831 mg · 36% of daily needs
Cholesterol	124 mg · 41% of daily needs
Vitamin C	7.7 mg · 9% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/greek-noodle-casserole-pastitsio-148493