



Moroccan-Spiced Pastitsio with Lamb and Feta

READY IN



100 min.

SERVINGS



10

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons flour
- 28 ounce frangelico diced canned
- 2 tablespoons mint dried
- 3 large eggs separated
- 6 ounces feta cheese crumbled
- 2 large garlic clove chopped
- 1 teaspoon ground cinnamon
- 3 teaspoons ground cumin divided

- 1 pound lamb
- 2 tablespoons olive oil
- 0.5 cup parmesan cheese divided freshly grated
- 1 pound penne pasta
- 1.5 tablespoons ras el hanout spice mix
- 1.3 cups onion red chopped
- 1 tablespoon tomato paste
- 8 tablespoons butter unsalted divided (1 stick)
- 3 cups milk whole divided

Equipment

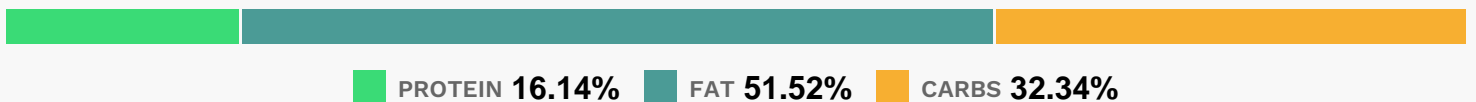
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- pot
- baking pan
- potato masher

Directions

- Heat oil in large skillet over medium-high heat.
- Add onion and garlic; sauté until onion softens, about 5 minutes.
- Add lamb; cook until brown, breaking into small pieces, about 8 minutes. Stir in tomatoes with juice, mint, ras-el-hanout, tomato paste, 2 1/2 teaspoons cumin, and cinnamon. Bring to boil. Reduce heat to medium-low. Simmer until lamb mixture is thick, stirring often, 15 to 18 minutes. Season with salt and pepper.
- Meanwhile, bring 2 cups milk to simmer in medium saucepan.

- Remove from heat; cover to keep warm. Melt 6 tablespoons butter in heavy large saucepan over medium heat.
- Add flour; whisk until smooth. Reduce heat to medium-low; cook until roux is pale golden, whisking often, 3 to 4 minutes. Gradually add warm milk to roux, whisking until sauce is smooth.
- Whisk 1 cup milk and 3 egg yolks in medium bowl; whisk into sauce.
- Whisk in feta and 1/2 teaspoon cumin. Bring sauce to boil, whisking often. Reduce heat to medium-low; simmer until slightly thickened, mashing with potato masher to break up cheese, about 5 minutes. Season sauce with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover; chill. Rewarm over low heat, whisking often, before using.
- Preheat oven to 400°F. Butter deep 14-cup baking dish. Cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- Drain pasta; return to same pot.
- Mix 2 tablespoons butter into pasta.
- Add egg whites and 1/4 cup Parmesan; stir to blend.
- Spread 4 cups pasta in dish.
- Spread lamb mixture over. Top with remaining pasta. Spoon sauce over; sprinkle with 1/4 cup Parmesan.
- Place dish on rimmed baking sheet.
- Bake pastitsio until heated through, about 40 minutes.
- Let stand 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:29.9, Glycemic Load:18.17, Inflammation Score:-7, Nutrition Score:19.033043332722%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg,

Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 564.98kcal (28.25%), Fat: 32.28g (49.66%), Saturated Fat: 15.8g (98.75%), Carbohydrates: 45.6g (15.2%), Net Carbohydrates: 43.02g (15.64%), Sugar: 5.91g (6.56%), Cholesterol: 141.26mg (47.09%), Sodium: 377.25mg (16.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.75g (45.49%), Selenium: 49.47µg (70.67%), Phosphorus: 370.31mg (37.03%), Vitamin B12: 1.95µg (32.51%), Manganese: 0.64mg (32.08%), Vitamin B2: 0.5mg (29.29%), Calcium: 277.26mg (27.73%), Zinc: 3.54mg (23.6%), Vitamin B3: 4.17mg (20.84%), Iron: 2.99mg (16.59%), Vitamin B6: 0.33mg (16.3%), Magnesium: 59.44mg (14.86%), Vitamin B1: 0.22mg (14.57%), Vitamin A: 674.18IU (13.48%), Vitamin B5: 1.25mg (12.49%), Potassium: 434.65mg (12.42%), Copper: 0.24mg (11.76%), Folate: 45.25µg (11.31%), Fiber: 2.57g (10.3%), Vitamin D: 1.41µg (9.41%), Vitamin K: 9.85µg (9.38%), Vitamin E: 1.29mg (8.61%), Vitamin C: 2.09mg (2.53%)