



Pastitsio Recipe

Serves 6 – 8

Ingredients:

1 onion, diced
2tbs fresh oregano, roughly chopped (or 1 tsp dried)
2 cloves garlic
30ml olive oil
500g lamb mince
50g tomato paste
1 x 400g tin diced tomatoes
1/4 tsp ground cinnamon
250g penne pasta
Salt and pepper
2 cups milk
40 g butter
40g flour
75g parmesan, grated
½ cup Greek yoghurt
2 eggs

Method:

1. Sauté the onion and garlic in the olive oil until soft.
2. Add the lamb mince and fry over a medium heat until starting to brown.
3. Add the tomato paste and stir over the heat for 2 minutes.
4. Add the tinned tomatoes, oregano and cinnamon and simmer for 30 minutes, topping up with water as necessary.
5. Season with salt and pepper.
6. Cook the penne in salted boiling water until just under-done (remembering that it's going to be baked in the sauce so it will continue to cook)
7. Drain and rinse under cold water.
8. Mix the pasta through the lamb sauce and spread evenly into a deep sided baking dish.
9. Heat the milk in a small saucepan until almost boiling.
10. In a medium saucepan, stir the butter and flour over a medium heat until the butter melts and the mixture starts to bubble.
11. Slowly add the milk, stirring constantly, until you have a smooth, thick sauce.
12. Stir in half of the parmesan and set aside to cool for 5 minutes.
13. Stir in the yoghurt and eggs and pour evenly over the pasta mixture to completely cover.



14. Top with remaining parmesan and bake at 180°C for 35 -40 minutes or until golden brown on top.
15. Allow the pastitsio to cool for an hour or so before serving to let the pasta 'set'.

