

Category: Dishes

Moussaka, Cauliflower Rice, Broccoli

Chef Keto Keith

Moussaka is a Greek dish and pairs well with cauliflower rice and broccoli.

Ingredients

For Moussaka

1 1/2 cups organic ground lamb
1 large eggplant (peeled and cut into medium sized cubes).
2 tablespoons celery small diced
1/2 cup crushed tomatoes
1/2 teaspoon cumin
1/2 teaspoon onion powder
1/2 teaspoon coriander
1/2 teaspoon curry powder
1 teaspoon fresh chopped parsley
1/2 teaspoon dried basil
1 teaspoon paprika
Salt and pepper

For Cauliflower Rice

3 cups riced Cauliflower or 1 and a half Cauliflower head grate on a box grater.

4 tablespoons grass fed butter.

Salt and pepper

For Broccoli

1 large bunch of Broccoli (10 to 12 florets)

2 tablespoons grass fed butter

Salt and pepper



Directions

Moussaka

1. In an iron skillet, add olive oil, eggplant and celery. Simmer for 15 minutes on medium.
2. Add lamb and tomatoes. Cook for 15 minutes.
3. Add cumin, coriander, paprika, basil,, curry powder and onion powder. Cook for 10 minutes.
4. Add parsley, salt and pepper.
5. Simmer for 10 minutes and set aside.

Cauliflower Rice

6. Place prep cauliflower into sauté pan.
7. Add butter and sauté until cauliflower is soft add salt and pepper.

Broccoli

8. Boil Broccoli in water , boil for 3 minutes.
9. Drain water and add butter.
10. Add salt and pepper.
11. In iron skillet , push moussaka to cover half pan.
12. Add cauliflower rice to 1/4 of skillet.
13. Add Broccoli to the other 1/4 of skillet.

Number Of Servings: 3

Preparation Time: 60 minutes