NUTRITION: Lazza's Kitchen Adventure
Greek Pastitsio

A Brand <u>NEW</u> Recipe from Lazza's Kitchen.
Lazza made his ever version of Greek Pastitsio from scratch

Pastitsio takes its name from the Italian "*pasticcio*", a large family of baked savoury pies that may be based on meat, fish, or pasta, with many documented recipes from the early 16th century, and continuing to modern times.

Italian versions include a pastry crust; some include béchamel.

Ingredients
500g Mince Beef: 2 Onions (I used already chopped)
2 Garlic Clove: Garlic Paste: Tomato Puree
Can of Chopped Tomatoes:
Pasta - I used Macaroni - about 350g
Herbs
TOPPING:
200ml Greek Yoghurt
1 egg
Feta Cheese

Heat the oil in a large frying pan over a medium heat. Add the onion and cook, stirring, for 6-8 minutes softening. Increase the heat, add the mince and cook, stirring, for 5 minutes until browned.

Add the Mediterranean seasoning and garlic to the pan and cook, stirring, for 1 minute. Add the tomatoes, garlic paste, tomato puree, and half-fill the can with water, then add it to the pan with the oregano. Bring to the boil, then season and reduce the heat. Simmer for 20 minutes.

Heat the oven to 180°C/160°C fan/gas 4. For the topping, in a mixing bowl combine the yogurt, egg and half the feta. Season with pepper (feta is already salty) Cook the macaroni in a large pan of boiling salted water until just al dente. Drain, then spoon half into a deep ovenproof dish and season with salt and pepper. Top with the mince, then add the remaining macaroni, pressing down with the back of a spoon.

Spoon the yogurt topping over the pasta to cover, then scatter with the remaining feta to finish. Bake for 25 minutes or until golden and bubbling. Serve sprinkled with extra oregano, if you like.

During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
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This was a great, and very tasty, bake to prepare.