



GREECE

DINNER

[PRINTABLE RECIPE PDF](#)

Greek Pastitsio

Pastitsio is a beloved Greek casserole that embodies influences from both Greek and Italian cuisines. It's often served at family gatherings and festive

PREP

30 min

COOK

60 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 200 g penne pasta - or any tube pasta
- 250 g ground beef
- 1 medium onion - finely chopped
- 2 cloves garlic - minced
- 400 g canned tomatoes - crushed
- 1 tsp dried oregano
- 1 tsp cinnamon
- 1 tsp salt
- 1/2 tsp black pepper
- 50 g grated Parmesan cheese - plus more for topping
- 30 g butter - for greasing and béchamel
- 40 g all-purpose flour
- 400 ml milk - whole milk preferred
- 1 large egg - beaten

WHY THIS WORKS

About this recipe

A printable Greek Pastitsio recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Pastitsio is a beloved Greek casserole that embodies influences from both Greek and Italian cuisines. It's often served at family gatherings and festive occasions, reflecting the Mediterranean tradition of sharing hearty,

SHOPPING LIST

Ingredients continued

- 1/4 tsp nutmeg - grated

ORIGIN & TRADITION

Mediterranean context

Pastitsio is a beloved Greek casserole that embodies influences from both Greek and Italian cuisines. It's often served at family gatherings and festive occasions, reflecting the Mediterranean tradition of sharing hearty, comforting meals. Its layered structure of pasta, meat sauce, and béchamel is reminiscent of lasagna, yet distinctly Greek in flavor and presentation.

METHOD

Step-by-step instructions

1

Preheat your oven to 180°C (350°F).

2

Cook the penne pasta in a large pot of salted boiling water until just al dente, about 8-10 minutes. Drain and set aside.

3

In a large skillet, heat a tablespoon of olive oil over medium heat. Add the chopped onion and sauté until translucent, about 5 minutes. Add the minced garlic and cook for another 1 minute.

4

Add the ground beef to the skillet, breaking it apart with a spoon. Cook until browned, about 5-7 minutes. Drain any excess fat.

5

Stir in the crushed tomatoes, oregano, cinnamon, salt, and black pepper. Let this simmer for 15 minutes, allowing the flavors to meld.

6

In a separate saucepan, melt butter over medium heat. Add the flour and whisk for 1-2 minutes until golden. Gradually whisk in the milk, stirring until thickened, about 5-7 minutes. Remove from heat and let cool slightly before whisking in the beaten egg and nutmeg.

METHOD

Instructions continued

7

In a greased baking dish, layer half of the pasta followed by the meat sauce and the remaining pasta. Pour the béchamel sauce over the top, spreading it evenly. Sprinkle with grated Parmesan cheese.

8

Bake for 30-35 minutes or until the top is golden and bubbly. Let it cool for 10 minutes before serving.

CHEF'S TIP

For an extra layer of flavor, add a pinch of allspice to the meat sauce.

NUTRITION PER SERVING (EST.)

Calories	600 kcal	Fat	30 g
Protein	35 g	Fiber	4 g
Carbohydrates	50 g	Sodium	800 mg

SERVING SUGGESTION

Serve hot, traditionally accompanied by a fresh Greek salad and crusty bread.

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