



# Beef Sloppy Joes on Ciabattas

with Guacamole

Nº 25

**RAPID** 20 Minutes • Little Heat • 1.5 of your 5 a day



Beef Mince



Carrot



Central American  
Style Spice Mix



Chopped Tomatoes



Ketchup



Cheddar Cheese



Ciabatta



Avocado



Lime

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Frying Pan and Coarse Grater.

### Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Carrot**	1	2	2
Central American Style Spice Mix	1 small pot	¾ large pot	1 large pot
Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Ketchup <b>10)</b>	1 sachet	2 sachets	2 sachets
Cheddar Cheese <b>7)**</b>	1 block	2 blocks	2 blocks
Ciabatta <b>11) 13)</b>	2	3	4
Avocado**	1	2	2
Lime**	½	1	1

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	585g	100g
Energy (kJ/kcal)	3448 /824	589 /141
Fat (g)	43	7
Sat. Fat (g)	15	3
Carbohydrate (g)	67	11
Sugars (g)	24	4
Protein (g)	40	7
Salt (g)	3.79	0.65

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7)** Milk **10)** Celery **11)** Soya **13)** Gluten

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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Packed in the UK



### 1. Get Started!

**a)** Heat a large frying pan over high heat with a drizzle of **oil**. Once hot, add the **mince**, breaking up with a spoon, and cook until golden brown, 3-4 mins. Break it up with a wooden spoon as it cooks. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.

**c)** Meanwhile, trim and coarsely grate the **carrot** (no need to peel!).

**d)** Once browned, add the **carrot** to the **mince** along with the **Central American spice mix** and cook, stirring, for 2 mins.



### 4. Finish the Prep

**a)** Halve the **ciabattas** horizontally.

**b)** Place the **ciabattas** on a baking tray cut side up.

**c)** Once the **beef** is cooked, divide it between the **ciabattas**.

**d)** Sprinkle over the **grated cheese**. Place on the top shelf of your grill for 3-4 mins until the **cheese** is nicely melted.



### 2. Finish the Sauce

**a)** Add the **chopped tomatoes** and **ketchup** to the **mince**.

**b)** Season with **salt** and **pepper** and simmer until thick and tomatoey, 5-6 mins. **TIP:** Add a splash of water if the beef mixture is looking a little dry.



### 5. Avocado Time!

**a)** Meanwhile, slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh into a bowl.

**b)** Add a squeeze of **lime juice** with a drizzle of **olive oil** and a pinch of **salt** and **pepper** and mash roughly with the back of a fork.

**c)** Taste and add more **lime** if needed.



### 3. Cheese Time!

**a)** Meanwhile, pre-heat your grill to high and coarsely grate the **Cheddar cheese**.



### 6. Serve!

**a)** Divide the filled hot **ciabattas** between plates and serve with the **guacamole** on top.

### Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.