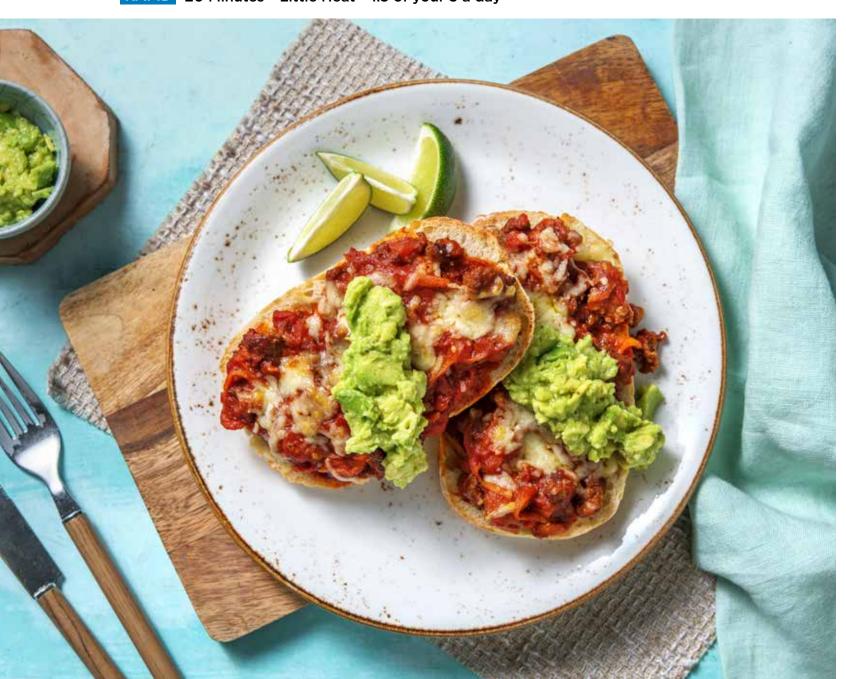


Beef Sloppy Joes on Ciabattas

with Guacamole

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











Beef Mince







Central American Style Spice Mix

Chopped Tomatoes









Ciabatta

Avocado



Before you start

Our fruit, veggies and herbs need a wash before vou 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 10)	1 sachet	2 sachets	2 sachets
Cheddar Cheese 7)**	1 block	2 blocks	2 blocks
Ciabatta 11) 13)	2	3	4
Avocado**	1	2	2
Lime**	1/2	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

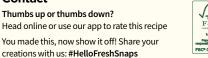
7) Milk 10) Celery 11) Soya 13) Gluten

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.



3. Cheese Time!

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



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.



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.