



# Beef Sloppy Joes on Ciabattas with Guacamole

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

12



Beef Mince



Carrot



Central American-  
Style Spice Mix



Finely Chopped  
Tomatoes with  
Onion and Garlic



Ketchup



Cheddar Cheese



Ciabatta



Avocado



Lime

## Before you start

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

## Cooking tools, you will need:

Frying Pan, Coarse Grater and Baking Tray.

## 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
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Ketchup <b>10</b>	1 sachet	2 sachets	2 sachets
Cheddar Cheese <b>7</b> **	30g	45g	60g
Ciabatta <b>11</b> <b>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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.


## Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

 You can recycle me!



## Get Started!

- Heat a large frying pan over high heat with a drizzle of **oil**.
- Once hot, add the **mince**, breaking it up with a spoon, and cook until golden brown, 3-4 mins. **TIP:** Drain any excess fat from the pan. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.
- Meanwhile, trim and coarsely grate the **carrot** (no need to peel).
- Once browned, add the **carrot** to the **mince** along with the **Central American-style spice mix** and cook, stirring, for 2 mins.



## Finish the Prep

- Halve the **ciabattas** horizontally.
- Place the **ciabattas** on a baking tray cut side up.
- Once the **beef** is cooked, divide it between the **ciabattas**.
- Sprinkle over the **grated cheese**.
- Place on the top shelf of your grill for 3-4 mins until the **cheese** is nicely melted.



## Finish the Sauce

- Add the **chopped tomatoes** and **ketchup** to the **mince**.
- 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.



## Avocado Time!

- 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.
- 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.
- Taste and add more **lime** if needed.



## Cheese Time!

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



## Serve!

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

## Enjoy!