



Beef Sloppy Joes on Ciabattas

with Homemade Guacamole

Rapid 20 Minutes • Little Spice • 1 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, Wooden Spoon, Grater, Baking Tray, Plate.

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 10)	1 sachet	2 sachets	2 sachets
Cheddar Cheese 7)**	30g	45g	60g
Ciabatta 11) 13)	2	3	4
Avocado**	1	2	2
Lime**	½	1	1

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving 585g	Per 100g 100g
Energy (kJ/kcal)	3431 /820	586 /140
Fat (g)	44	8
Sat. Fat (g)	15	3
Carbohydrate (g)	67	11
Sugars (g)	23	4
Protein (g)	39	7
Salt (g)	3.98	0.68

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

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



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.*

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

c) Once browned, drain any excess fat from the **beef**, then add the **carrot** to the pan along with the **Central American style spice mix** and cook, stirring, for 2 mins.



Finish the Prep

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

b) Once the **beef** is cooked, divide it between the **ciabattas**. Sprinkle over the **grated cheese**.

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



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.*



Avocado Time

a) Meanwhile, slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half.

b) Twist each half and pull it apart. Remove the stone then scoop out the flesh into a bowl.

c) Halve the **lime** and squeeze in some **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

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



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.