



# Sloppy Joe and Cheddar Jacky-P with Balsamic Tomato and Pea Shoot Salad

Calorie Smart 35-40 Minutes • Mild Spice • 3 of your 5 a day • Under 650 Calories

26



Potatoes



Garlic Clove



Mature Cheddar  
Cheese



Medium Tomato



Balsamic Glaze



Beef Mince



Central American  
Style Spice Mix



Finely Chopped  
Tomatoes with  
Onion and Garlic



Chicken Stock Paste



Pea Shoots

#### Pantry Items

Oil, Salt, Pepper, Sugar

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, garlic press, grater, bowl, frying pan and lid.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	30g	40g	60g
Medium Tomato	1	2	2
Balsamic Glaze 14)	12ml	24ml	24ml
Beef Mince**	240g	360g	480g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Pea Shoots**	40g	60g	80g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	½ tsp	1 tsp	1½ tsp

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	652g	100g
	2660 /636	408 /97
Fat (g)	27.2	4.2
Sat. Fat (g)	12.1	1.9
Carbohydrate (g)	61.0	9.4
Sugars (g)	19.2	2.9
Protein (g)	40.9	6.3
Salt (g)	4.02	0.62

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

**Point™ values based on low-cal cooking spray oil**

## Allergens

7) Milk 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Cook the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

Halve the **potatoes** lengthways and pop them onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Rub the **oil** over the **potatoes**, then lay them, cut-side down, on the baking tray.

Roast on the top shelf of your oven until tender and a knife slips in easily, 30-40 mins.



## Make your Sloppy Joe Sauce

Once the **mince** has browned, season with **salt**, **pepper** and **sugar** (see pantry for amount).

Stir in the **Central American style spice mix** (add less if want it you don't like too much heat) and **garlic**. Cook for 1 min more.

Add the **chopped tomatoes** and **chicken stock paste**, stir to combine, then bring to the boil.

Lower the heat and simmer, stirring occasionally, until thickened, 10-12 mins. Add a splash of **water** if it gets too thick.



## Tomato Time

Meanwhile, peel and grate the **garlic** (or use a garlic press). Grate the **cheese**.

Cut the **tomatoes** into 2cm chunks, then add to a large bowl with a pinch of **salt** and **pepper**.

Stir the **balsamic glaze** through the **tomatoes**, then set aside.



## Finishing Touches

Once thickened, cover your **sloppy joe sauce** with a lid to keep warm until the **potatoes** are ready.

Meanwhile, add the **pea shoots** to the **tomato** bowl and toss to combine.



## Fry your Mince

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 6-7 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

**IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



## Stack up and Serve

When everything's ready, use a fork to slightly mash the inside of the **potatoes**. Add a knob of **butter** if you'd like to.

Share the **potatoes** between your plates. Top with the **sloppy joe sauce** and sprinkle over the **cheese**.

Serve the **pea shoot salad** alongside.

Enjoy!