

Open Sloppy Joes with Simple Slaw





HELLO CARROT

Carrots have been modified to be orange. Originally they were white, yellow and even purple!







Carrot



Easy Garlic







Tomato Passata



BBQ Sauce



Baby Gem Lettuce



Lemon



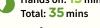
Mayonnaise





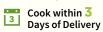
Mozzarella





Family Box









BEFORE YOU

Our fruit and veggies need a little wash before you use them! Make sure you've got a Large Frying Pan, Coarse Grater, Measuring Jug, Mixing Bowl and Baking Tray. Now, let's get cooking!



COOK THE BEEF

Heat a splash of **oil** in a large frying pan on medium heat. Once hot, add the **beef mince** and easy garlic. Cook until browed breaking it up with a wooden spoon, 5 mins. Trim the ends from the **carrot**, then grate on a coarse grater (no need to peel!). Add half the carrot and the tomato purée to the pan. Cook for 2 mins. Add the passata, bbq sauce and water (see ingredients for amount). Reduce the heat and simmer until thick, 12-15 mins.



MAKE THE SLAW Meanwhile, trim the baby gem lettuce then half lengthways and slice widthways. Juice the **lemon** and add both to a large mixing bowl with the **mayonnaise**, remaining carrot and a pinch of salt and pepper. Mix well to combine and taste to check for

seasoning. Preheat the grill to high.



GRILL THE CIABATTA Halve the ciabatta lengthways (as if you were making a sandwich) and place on a baking tray. Drizzle with oil and grill until golden, 2-3 mins. Remove (leave the grill on, we will use it again).



PREP THE SLOPPY JOES Once the **beef mix** has thickened up, season to taste with salt and pepper and remove from the heat. Pile the beef on each slice of ciabatta and tear the mozzarella over the top. Return the loaded ciabattas to the grill until melted, bubbling and slightly coloured, 3-5 mins.



PLATE UP Place one **sloppy joe ciabatta** onto each plate, and add a pile of slaw on the side.



EAT UP! Serve up. **Enjoy!**

INGREDIENTS

	2P	3P	4P
Beef Mince	250g	375g	500g
Easy Garlic	½ sachet	¾ sachet	1 sachet
Carrot	1	1½	2
Tomato Purée	½ sachet	¾ sachets	1 sachet
Tomato Passata	½ carton	¾ carton	1 carton
BBQ Sauce	½ sachet	¾ sachet	1 sachet
Water*	50ml	75ml	100ml
Baby Gem Lettuce	1	1½	2
Lemon	1/2	1/2	1/2
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets
Ciabatta 13)	1	1½	2
Mozzarella 7)	½ ball	¾ ball	1 ball

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 420G	PER 100G
Energy (kcal)	668	159
(kJ)	2795	665
Fat (g)	41	10
Sat. Fat (g)	15	3
Carbohydrate (g)	37	9
Sugars (g)	12	3
Protein (g)	37	9
Salt (g)	1.73	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 9) Mustard 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.



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