



Open Sloppy Joes

with Simple Slaw



HELLO CARROT

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



Beef Mince



Easy Garlic



Carrot



Tomato Purée



Tomato Passata



BBQ Sauce



Baby Gem Lettuce



Lemon



Mayonnaise



Ciabatta



Mozzarella

MEAL BAG

Hands on: **15** mins
Total: **35** mins

Family Box

... of your
5 a day

Cook within **3**
Days of Delivery

BEFORE YOU START

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!



1 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 browned 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.



4 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.



2 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.



5 PLATE UP

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



3 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).



6 EAT UP!

Serve up. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	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	½	½	½
Mayonnaise ^{8) 9)}	1 sachet	sachets	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.

THUMBS UP OR THUMBS DOWN?

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