



Cheeseburger Inspired Sloppy Joe with Pumpkin Seed and Baby Leaf Salad

Super Quick 10 Minutes

8



Pork Mince



Mature Cheddar
Cheese



Burger Buns



Beef Stock
Paste



Burger Sauce



Baby Leaf
Mix



Balsamic Glaze



Pumpkin Seeds



Beef Mince

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Frying pan and grater.

Ingredients

Ingredients	2P	3P	4P
Pork Mince**	240g	360g	480g
Mature Cheddar Cheese** 7)	40g	70g	80g
Burger Buns 13)	2	3	4
Beef Stock Paste	10g	15g	20g
Burger Sauce 8) 9)	45g	75g	90g
Baby Leaf Mix**	50g	70g	100g
Balsamic Glaze 14)	12ml	18ml	24ml
Pumpkin Seeds	15g	30g	30g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Water*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	290g	100g	290g	100g
Energy (kJ/kcal)	2931 / 700	1011 / 242	2705 / 646	933 / 223
Fat (g)	47.9	16.5	41.3	14.2
Sat. Fat (g)	15.9	5.5	14.7	5.1
Carbohydrate (g)	31.8	11.0	31.6	10.9
Sugars (g)	12.3	4.2	12.1	4.2
Protein (g)	35.0	12.1	38.3	13.2
Salt (g)	2.68	0.92	2.73	0.94

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

Allergens

7) Milk 8) Egg 9) Mustard 13) Cereals containing gluten
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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1



Get Frying

- Heat a frying pan on medium-high heat (no oil).
- Once hot, fry the **pork mince**, 5-6 mins.
- Break up the **mince** as it cooks, then drain the fat.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

CUSTOM RECIPE

If you've chosen **beef mince** instead of **pork**, cook the recipe in the same way.

3



Add Flavour

- Once the **pork** has browned, stir in the **beef stock paste**, **ketchup** and **water** (see pantry for both).
- Simmer, 1-2 mins. Add a splash of **water** if needed.

2



Toasting Time

- Meanwhile, grate the **cheese**.
- Halve the **burger buns**.
- Toast the **buns** in your toaster.

4



Dinner's Ready!

- Top your **bun bases** with the **pork mince**, **cheese** and **burger sauce** - as much as you'd like. Sandwich shut with the **lids**.
- Serve the **baby leaf salad** on the side.
- Drizzle with **balsamic glaze**. Scatter over the **pumpkin seeds**.

Enjoy!