



Cheeseburger Inspired Sloppy Joe

with Pumpkin Seed and Baby Leaf Salad

Super Quick 10-15 Minutes

44



Pork Mince



Mature Cheddar Cheese



Burger Buns



Beef Stock Paste



Baby Leaf Mix



Coleslaw Mix



Cider Vinegar



Burger Sauce



Crispy Onions



Beef Mince

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup, Olive Oil, Sugar

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, grater and bowl.

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
Baby Leaf Mix**	20g	40g	50g
Coleslaw Mix**	120g	180g	240g
Cider Vinegar 14)	15ml	22ml	30ml
Burger Sauce 8) 9)	45g	75g	90g
Crispy Onions 13)	1 sachet	1½ sachets	2 sachets
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Water*	50ml	75ml	100ml
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Sugar*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	358g	100g	358g	100g
Energy (kJ/kcal)	3350 / 801	937 / 224	3124 / 747	874 / 209
Fat (g)	51.6	14.4	45.0	12.6
Sat. Fat (g)	17.4	4.9	16.2	4.5
Carbohydrate (g)	44.5	12.5	44.3	12.4
Sugars (g)	13.8	3.9	13.6	3.8
Protein (g)	36.6	10.2	39.9	11.2
Salt (g)	2.90	0.81	2.95	0.83

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, cereals containing 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.

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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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 to get **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.
- Meanwhile, in a bowl, mix together the **baby leaves**, **coleslaw mix**, **cider vinegar** and the **olive oil** and **sugar** (see pantry for both). Toss to coat.

2



Toasting Time

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

4



Dinner's Ready!

- Lay the **toasted buns** on plates, cut-side up.
- Top with the **pork mince**, **cheese** and **burger sauce** - as much as you'd like.
- Sprinkle the **crispy onions** over.
- Serve the **salad** on the side.

Enjoy!