



# Italian Style Sloppy Joe Ciabatta

with Balsamic Tomato Salad

Family 20 Minutes • 1 of your 5 a day

11



Garlic Clove



British Beef Mince



Mature Cheddar Cheese



Medium Tomato



Tomato Puree



Mixed Herbs



Red Wine Stock Paste



Ciabatta



Baby Leaf Mix



Balsamic Glaze



British Smoked Bacon Lardons

### Pantry Items

Oil, Salt, Pepper, Tomato Ketchup, Butter

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

**Dish Spotlight:** The sloppy joe really lives up to its name. This American style sandwich is a real crowd pleaser, just don't forget the napkins! Scan the QR code and let us know what you think!



## Before you start

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

## Cooking tools

Garlic press, frying pan, grater and bowl.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
British Beef Mince**	240g	360g	480g
Mature Cheddar Cheese** 7)	30g	40g	60g
Medium Tomato	1	2	2
Tomato Puree	30g	45g	60g
Mixed Herbs	1 sachet	1 sachet	1 sachet
Red Wine Stock Paste 14)	28g	42g	56g
Ciabatta**** 13)	2	3	4
Baby Leaf Mix**	50g	70g	100g
Balsamic Glaze 14)	12ml	24ml	24ml
British Smoked Bacon Lardons**	90g	120g	180g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge \*\*\*\*Please use the ciabatta within 2 days from the delivery day.

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>412g</b>	<b>100g</b>	<b>457g</b>	<b>100g</b>
Energy (kJ/kcal)	2908 /695	706 /169	3396 /812	743 /178
Fat (g)	35.6	8.6	44.7	9.8
Sat. Fat (g)	17.1	4.2	20.0	4.4
Carbohydrate (g)	59.6	14.5	60.5	13.2
Sugars (g)	14.7	3.6	14.8	3.2
Protein (g)	38.7	9.4	46.4	10.2
Salt (g)	4.06	0.99	5.29	1.16


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

## Allergens

7) Milk 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, mollusc, 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. Be careful when adding water to hot pans while cooking.

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## Fry the Beef

- Peel and grate the **garlic** (or use a garlic press).
- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **beef mince**. Fry until the **mince** has browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

## CUSTOM RECIPE

If you're adding **bacon**, add it to the pan with the **mince**. Fry for the same amount of time, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.



## Warm the Ciabatta

- Meanwhile, halve the **ciabatta**.
- Toast the **ciabatta halves** in your toaster until golden.
- Once toasted, drizzle with **oil**.



## Get Prepped

- Meanwhile, grate the **Cheddar cheese**.
- Cut the **tomato** into 2cm chunks.
- In a large bowl, add the **tomato chunks** with a drizzle of **olive oil**. Season with **salt** and **pepper**, toss to coat, then set aside.



## Toss the Salad

- Once the **sloppy joe mixture** has thickened, stir through the **butter** (see pantry for amount) until melted.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick. Remove from the heat.
- When everything's nearly ready, add the **baby leaf mix** to the bowl of **tomatoes** and toss to coat in the **dressing**.



## Add the Flavour

- Once the **mince** has browned, drain and discard any excess fat. Add the **tomato puree** and **garlic** to the pan. Cook for 1 min.
- Stir in the **mixed herbs**, **red wine stock paste**, **ketchup** and **water for the sauce** (see pantry for both amounts).
- Bring to the boil, then lower the heat and simmer until thickened, 4-5 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



## Assemble

- Share the **toasted ciabatta** between your plates.
- Top the **bases** with **sloppy joe sauce** and sprinkle over the **cheese**. Sandwich shut with the **lids**.
- Serve your **salad** alongside and drizzle over the **balsamic glaze**.

## Enjoy!