



Bean Sloppy Joes on Ciabattas with Guacamole

Family 20 Minutes • Little Spice • 4 of your 5 a day • Veggie

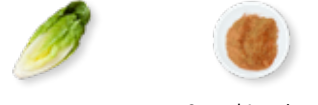
11



Red Kidney Beans Carrot



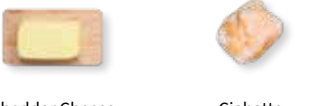
Onion Garlic Clove



Baby Gem Lettuce Central American Style Spice Mix



Finely Chopped Tomatoes Vegetable Stock Paste



Cheddar Cheese Ciabatta



BBQ Sauce Avocado



Lime

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Colander, Bowl, Vegetable Peeler, Frying Pan, Wooden Spoon, Grater, Baking Tray.

Ingredients

	2P	3P	4P
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Carrot**	1	2	2
Onion**	1	1	1
Garlic Clove**	1	2	2
Baby Gem Lettuce**	1	2	2
Central American Style Spice Mix	1 pot	2 pots	2 pots
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Vegetable Stock Paste 10	10g	15g	20g
Cheddar Cheese 7) **	60g	90g	120g
Ciabatta 11) 13)	2	3	4
BBQ Sauce 13)	1 sachet	2 sachets	2 sachets
Avocado**	1	2	2
Lime**	½	1	1
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	702g	100g
Energy (kJ/kcal)	3249 / 776	463 / 111
Fat (g)	34	5
Sat. Fat (g)	11	2
Carbohydrate (g)	80	11
Sugars (g)	24	4
Protein (g)	27	4
Salt (g)	3.77	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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1 Prep

a) Drain and rinse the **beans** in a colander. Pop half of them into a bowl and crush them with a fork.

b) Trim the **carrot** (no need to peel). Use a vegetable peeler to peel long ribbons from all sides of the length of the **carrot**. Stop when you get to the **carrot** core.

c) Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a **garlic** press).

d) Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways.



4 Finish the Prep

a) Cut the **ciabattas** in half. Place the **ciabattas** on a baking tray cut-side up.

b) Once the **beans** are cooked, stir in the **BBQ sauce**, and share the **mixture** between the **ciabattas**.

c) Sprinkle over the **grated cheese**. Place on the top shelf of your grill for 3-4 mins until the **cheese** is nicely melted.



2 Make the Mix

a) Heat a drizzle of **oil** in a large frying pan.

b) Add the onion, stir and cook until softened, 3-4 mins.

c) Add the **whole kidney beans**, **garlic** and the **Central American style spice mix** and stir-fry for 1-2 mins.



5 Avocado Time

a) Meanwhile, slice lengthways into the **avocado**. Once you reach the stone, turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh into a bowl.

b) Halve the **lime** and add a squeeze of **lime juice** to the **avocado** along with a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

c) Mash roughly with the back of a fork. Taste and add more **lime**, **salt** and **pepper** if needed.



3 Finish the Sauce

a) Add the **chopped tomatoes**, **sugar** (see ingredients for amount), **crushed beans** and **vegetable stock paste** to the **beans**.

b) Season with **salt** and **pepper**, mix together and bring to the boil. Reduce the heat to medium and simmer until thickened, 5-6 mins.

c) Whilst the **sauce** cooks, preheat your grill to high and coarsely grate the **Cheddar cheese**.



6 Time to Serve

a) Add another squeeze of **lime juice** to a medium bowl along with the **olive oil** and **sugar** (see ingredients for both amounts). Mix well.

b) Pop the **chopped baby gem** and **carrot ribbons** into the bowl with the **dressing** and toss to combine.

c) Divide the **topped ciabattas** between your plates.

d) Serve with the **guacamole** on top. Pop the **salad** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.