



Sloppy Joe and Cheddar Jacky-P with Balsamic Tomato and Pea Shoot Salad

Calorie Smart 35-40 Minutes • 3 of your 5 a day • Under 650 Calories

25



Potatoes



Garlic Clove



Mature Cheddar
Cheese



Medium Tomato



Balsamic Glaze



Beef Mince



Central American
Style Spice Mix



Finely Chopped
Tomatoes with
Onion and Garlic



Chicken Stock
Paste



Pea Shoots

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

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

Cooking tools

Baking tray, garlic press, grater, bowl, frying pan and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	30g	40g	60g
Medium Tomato	1	2	2
Balsamic Glaze 14)	1 sachet	2 sachets	2 sachets
Beef Mince**	240g	360g	480g
Central American Style Spice Mix	2 sachets	2 sachets	4 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Pea Shoots**	40g	60g	80g

Pantry	2P	3P	4P
Sugar*	½ tsp	1 tsp	1½ tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2705 /647	412 /99
Fat (g)	28.1	4.1
Sat. Fat (g)	12.5	1.9
Carbohydrate (g)	61.3	9.4
Sugars (g)	20.5	3.1
Protein (g)	41.9	6.3
Salt (g)	3.76	0.57

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

PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk 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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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Cook the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

Halve the **potatoes** lengthways and pop them onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Rub the **oil** over the **potatoes**, then lay them cut-side down on the baking tray.

Roast on the top shelf of your oven until tender and a knife slips in easily, 30-40 mins.



Make your Sloppy Joe Sauce

Once the **mince** has browned, season with **salt**, **pepper** and **sugar** (see pantry for amount).

Stir in the **Central American style spice mix** and **garlic**. Cook for 1 min more.

Add the **chopped tomatoes** and **chicken stock paste**, stir to combine, then bring to the boil.



Start the Prep

Meanwhile, peel and grate the **garlic** (or use a garlic press). Grate the **cheese**.

Chop the **tomatoes** into 2cm chunks, then add to a large bowl with a pinch of **salt** and **pepper**.

Stir the **balsamic glaze** through the **tomatoes**, then set aside.



Finishing Touches

Once boiling, lower the heat and simmer until the **sauce** has thickened, 10-12 mins, stirring occasionally. Add a splash of **water** if it gets too thick. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*

Once thickened, cover your **sloppy joe sauce** with a lid to keep warm until the **potatoes** are ready.

Meanwhile, add the **pea shoots** to the **tomato** bowl and toss to combine.



Fry your Mince

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 6-7 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

IMPORTANT: *Wash your hands and equipment after handling raw mince.*



Stack up and Serve

When everything's ready, use a fork to slightly mash the inside of the **potatoes**. Add a knob of **butter** too if you'd like to.

Share the **potatoes** between your plates. Top with the **sloppy joe sauce** and sprinkle over the **cheese**.

Serve the **pea shoot salad** alongside.

Enjoy!

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