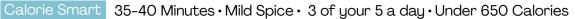


Sloppy Joe and Cheddar Jacky-P

with Balsamic Tomato and Pea Shoot Salad











Potatoes



Mature Cheddar



Cheese





Balsamic Glaze





Central American Style Spice Mix



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Paste



Pea Shoots

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

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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)	12ml	24ml	24ml	
Beef Mince**	240g	360g	480g	
Central American Style Spice Mix	1 sachet	1 sachet	2 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 **Ctore in the Fridge				

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Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	652g	100g
Energy (kJ/kcal)	2660 /636	408 /97
Fat (g)	27.2	4.2
Sat. Fat (g)	12.1	1.9
Carbohydrate (g)	61.0	9.4
Sugars (g)	19.2	2.9
Protein (g)	40.9	6.3
Salt (g)	4.02	0.62

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

Contact

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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.



Tomato Time

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

Cut 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.



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. It's cooked when no longer pink in the middle.



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** (add less if want it you don't like too much heat) and **garlic.** Cook for 1 min more.

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

Lower the heat and simmer, stirring occasionally, until thickened, 10-12 mins. Add a splash of **water** if it gets too thick.



Finishing Touches

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.



Stack up and Serve

When everything's ready, use a fork to slightly mash the inside of the **potatoes**. Add a knob of **butter** 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!

