



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BBQ JERK SAUCE

We've tried and tested a wealth of BBQ sauces and have picked our favourite for you to cook with; Nine-spice BBQ jerk sauce with lively Jamaican heat from Barkers NZ. We hope you love it as much as we do!



2. SAVOURY BEEF BOATS

Beef mince and veggies cooked in a mild BBQ jerk sauce and stuffed into bread boats to serve. Accompanied by a crispy, fresh side salad.

 30 Minutes

 2 Servings

FROM YOUR BOX

BEEF MINCE	300g
BROWN ONION	1/2 *
CARROT	1
CELERY STICK	1
JERK SAUCE	1/2 bottle *
RICOTTA CHEESE	1/2 tub (125g) *
LONG BREAD ROLLS	2
COS LETTUCE	1 *
TOMATO	1
CHIVES	1/3 bunch *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, ground cumin, dried oregano, red wine vinegar

KEY UTENSILS

frypan, oven tray

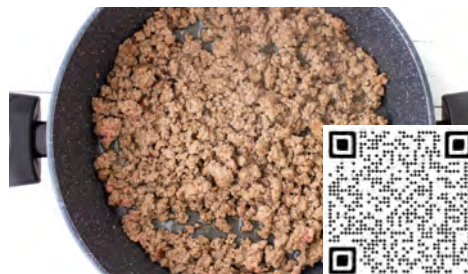
NOTES

If unsure about the jerk sauce, you can use a tomato-based sugo instead.

If you're short on time, skip step 4 and simply serve toasted rolls with mince on the side.

No beef option - beef mince is replaced with chicken mince. Cook as per recipe, adding 1 tbsp oil at step 1.

No gluten option - bread is replaced with GF rolls.



1. COOK THE MINCE

Set oven to 220°C.

Heat a frypan over high heat. Add mince and cook for 5-6 minutes, breaking up with a spatula as you go.



2. ADD THE VEGETABLES

Slice and add onion, cook for 2 minutes. Dice (or grate) carrot and celery, add to pan as you go with **1/2 tsp cumin** and cook for 5-8 minutes, until just tender. Season with **salt and pepper**.



3. ADD THE RICOTTA AND JERK SAUCE

Stir in 1/2 bottle jerk sauce (see notes). Simmer uncovered for 2 minutes, remove from heat, then carefully stir in 1/2 tub ricotta, **pepper** and **1/2 tsp oregano**.



4. MAKE THE BOATS

Cut bread rolls in half lengthways and remove the core, leaving a 1 cm edge. Rub with a little **oil**. Place on a lined oven tray, spoon in filling, and bake for 5-10 minutes until golden (see notes).



5. MAKE THE SALAD

Wedge or roughly chop lettuce and tomato. Toss with **1/2 tbsp olive oil** and **1/2 tbsp vinegar**.



6. FINISH AND PLATE

Chop chives.

Cut boats in halves, sprinkle with chives, and serve on plates with salad.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

