

for the
little onesQUARTERED SLOPPY
JOE BURGERS

SLOPPY JOES



20 Minutes



4 Servings



Beef

Beef mince cooked in the pan with a yummy tomato relish for flavour and served in a soft burger bun with crunchy fresh veggies.

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FROM YOUR BOX

BEEF MINCE	500g
TOMATO PASTE	1 sachet
RELISH	1 jar
BABY COS LETTUCE	1
LEBANESE CUCUMBER	1
TOMATOES	2
BURGER BUNS	4-pack

FROM YOUR PANTRY

salt and pepper

COOKING TOOLS

large frypan, oven tray

You can use the mince to make burger patties if you feel like a BBQ dinner instead.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option - buns are replaced with GF burger buns.



1. BROWN the Beef

Set the oven to 200°C.

Heat a frypan over high heat. Add **mince** and cook for 5 minutes while breaking up lumps.

tip Add oil to the pan if needed!



2. ADD the Relish & SIMMER

Stir in **tomato paste, relish** and **3/4 cup water**. Combine well and simmer for 5 minutes or until reduced. Season with **salt and pepper**. Take off heat.

tip If you are unsure the relish will go down well in your family, add dried herbs or BBQ sauce instead. Use the relish for serving.



3. PREPARE the FRESH INGREDIENTS

Trim and shred **lettuce**, slice **cucumber** and **tomatoes**.

tip Add any other favourite veggies if you like, such as capsicum, coleslaw or even some apple!



4. TOAST the BUNS (OPTIONAL)

Cut the **buns** in half. Warm in the oven for 2-3 minutes.

tip Cut out the mid-section of the buns to make it easier for young kids to eat!



5. FINISH AND SERVE

Assemble buns with beef mince and salad ingredients.

tip Cheese would work well in these sloppy joes. Add a slice on top of the warm beef mince to melt. Pickles are delicious too!