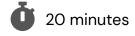






## **Beef Sloppy Joes**

A smokey beef mince bolognese served in a soft milk bun with crunchy cucumber and creamy dressed coleslaw.





4 servings



Beef

# Make burgers!

Feel like using the BBQ instead? You can use the mince to make burger patties! Cook the onion and slice the tomato to use as a filling.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

26g

#### FROM YOUR BOX

BROWN ONION	1
BEEF MINCE	500g
TOMATOES	2
TOMATO PASTE	2 sachets
LEBANESE CUCUMBER	1
COLESLAW	1 bag (250g)
AIOLI	50g
MILK BURGER BUNS	4-pack

#### FROM YOUR PANTRY

oil for cooking, soy sauce, smoked paprika, dried thyme

#### **KEY UTENSILS**

large frypan

#### **NOTES**

You can add extra flavour to the mince as it browns. Spices such as ground coriander, ground cumin or cayenne pepper work well! You can also add some BBQ sauce or liquid smoke in step 2 as it simmers.

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



#### 1. COOK THE BEEF

Set oven to 180°C (optional for step 4).

Heat a frypan over medium-high heat with oil. Dice and add onion along with beef mince, 1 tbsp smoked paprika and 1 tsp thyme (see notes). Cook for 5 minutes until browned.



#### 2. SIMMER THE BEEF

Dice and add tomatoes along with tomato paste and 1 cup water. Simmer for 5 minutes until reduced. Season with 2-3 tsp soy sauce to taste.



#### 3. PREPARE THE FILLINGS

Slice cucumber. Toss coleslaw with aioli until well combined.



#### 4. TOAST THE BUNS

Cut buns in half. Toast in oven for 2-3 minutes until golden.



### **5. FINISH AND SERVE**

Assemble buns with beef mince, cucumber and coleslaw. Serve at the table.



