




Product Spotlight: Tomato


Although tomatoes are fruit, they are more like vegetables nutritionally. Keep them on your benchtop for a rich, ripe flavour.



Beef Sloppy Joes

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

 20 minutes

 4 servings

 Beef

10 February 2023

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	31g	29g

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.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

