



Product Spotlight: Apples

It is best to leave the skin on when eating apples. The skin contains an abundance of beneficial nutrients!



Philly Cheese Sloppy Joe Sliders

This Philly cheese sloppy Joe combo is a winner! Great for entertaining, or just pleasing fussy eater. Beef flavoured with a custom spice blend, mixed with melted cheese, served with roasted potatoes, coleslaw and slider buns so everyone to build theirs exactly how they like!



40 minutes



2 servings



Beef

Slow Cook it!

Brown the onion and beef mince in a frypan then add to a slow cooker along with spice mix, tomato paste, capsicum, water and seasoning. Cook on high for 3-4 hours. This can be done the day before or in the morning!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	63g	54g	126g

FROM YOUR BOX

MEDIUM RED POTATOES	3
BROWN ONION	1
BEEF MINCE	300g
FAMILY CAJUN SPICE MIX	1 packet
TOMATO PASTE	1 sachet
GREEN CAPSICUM	1
RED APPLE	1
CELERY STICK	1
COLESLAW	250g
SLIDER BUNS	4
MOZZARELLA CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, Worcestershire sauce, vinegar of choice, dried thyme

KEY UTENSILS

large frypan, oven tray

NOTES

Substitute Worcestershire sauce with soy sauce, a crumbled stock cube or salt.

Make it a creamy coleslaw by substituting oil and vinegar with mayonnaise, yoghurt or sour cream.

If desired, toast slider buns to serve.

No gluten option – slider buns are replaced with GF buns. Toast gf buns to serve.



1. ROAST THE POTATOES

Set oven to 220°C.

Chop **potatoes** and toss on a lined oven tray with **1 tsp thyme, oil, salt and pepper**. Roast for 25–30 minutes until golden and tender.



3. PREPARE THE COLESLAW

In a large bowl whisk together **3/4 tbsp vinegar, 1 1/2 tbsp olive oil, salt and pepper** (see notes). Slice **apple** and **celery**. Add to bowl along with **coleslaw** and toss to combine.

Halve **sliders buns** and set aside.



2. BROWN THE BEEF

Heat a large frypan over medium-high heat with **oil**. Dice **onion**. Add to pan as you go along with **beef mince**. Cook for 4–6 minutes until beef is browned and onion has softened. Add **spice mix** and **tomato paste**, cook for further 1 minute.



5. ADD THE CHEESE

Add **1/2 packet cheese** (reserve remaining to serve) to frypan. Stir to combine. Remove pan from heat and season to taste with **salt and pepper**.



3. SIMMER THE BEEF

Dice **capsicum** and add to frypan along with **1 tbsp Worcestershire sauce** and **3/4 cup water**, mix to combine. Reduce to medium heat, semi-cover pan and cook for 10–15 minutes until vegetables are tender and liquid has reduced.



6. FINISH AND SERVE

Take all elements to the table for everyone to build their own sliders.

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**

