



### 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



4 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:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	63g	50g	112g

## FROM YOUR BOX

MEDIUM RED POTATOES	800g
BROWN ONION	1
BEEF MINCE	600g
FAMILY CAJUN SPICE MIX	1 packet
TOMATO PASTE	2 sachets
GREEN CAPSICUM	1
RED APPLES	2
CELERY STICKS	4
COLESLAW	250g
SLIDER BUNS	8
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 **2 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 **1 tbsp vinegar, 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 **2 tbsp Worcestershire sauce** and **1 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**

