



UCCOOK

Simple Ostrich Sloppy Joe

with mozzarella cheese & fresh parsley

It might not be the neatest sandwich to eat, but it sure is difficult to beat, Chef! Paprika-infused browned mince, coated in a rich and tangy tomato passata, is topped with melted cheese and closed inside a pan-toasted burger bun. Sided with a gherkin, feta, & greens salad.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Samantha du Toit

Quick & Easy

Neil Ellis Wines | Neil Ellis Stellenbosch
Cabernet Sauvignon 2020

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Ingredients & Prep

150g	Diced Onions
300g	Free-range Ostrich Mince
30ml	Spice Mix <i>(20ml NOMU Italian Rub & 10ml Ground Paprika)</i>
200ml	Tomato Passata
2	Burger Buns
40g	Green Leaves <i>rinse & roughly shred</i>
100g	Cucumber <i>rinse & cut into half-moons</i>
40g	Gherkins <i>drain & roughly chop</i>
60g	Danish-style Feta <i>drain</i>
60g	Grated Mozzarella Cheese
5g	Fresh Parsley <i>rinse & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter

1. SPICED MINCE Boil the kettle. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the onion and the mince until caramelised, 3-4 minutes (shifting occasionally). Work quickly to break the mince up as it starts to cook. Add the spice mix and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata and 300ml of boiling water. Simmer until reduced and thickened, 10-12 minutes (stirring occasionally). Add an extra splash of water, if necessary. Season and add a sweetener (to taste).

2. TOASTED BURGER BUN While the mince is simmering, halve the burger buns and spread butter or oil over the cut-sides. Place a pan over medium heat. When hot, toast the halved buns, cut-side down, until crisp, 1-2 minutes.

3. FETA & GHERKIN SALAD In a salad bowl, toss together the shredded green leaves, the cucumber half-moons, the chopped gherkins (to taste), a drizzle of olive oil, and seasoning. Crumble over the drained feta.

4. THANKS, JOE! Top the bottom bun halves with the mince. Scatter over the cheese and garnish with the chopped parsley. Close up the buns and serve the salad on the side.

Nutritional Information

Per 100g

Energy	545kj
Energy	131kcal
Protein	9.2g
Carbs	11g
of which sugars	2.7g
Fibre	1.2g
Fat	5.3g
of which saturated	2.3g
Sodium	202mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy, Cow's Milk

Eat
Within
2 Days