

UCCOOK

Ciabattini Sloppy Joe

with guacamole & almonds

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Veggie: Serves 3 & 4

Chef: Kirsty Storar

Wine Pairing: Neil Ellis Wines | Neil Ellis Groenekloof Syrah

Nutritional Info

	Per 100g	Per Portion
Energy	569.9kJ	3780.7kJ
Energy	136.2kcal	903.8kcal
Protein	4.8g	32g
Carbs	17.2g	114.1g
of which sugars	3.6g	23.7g
Fibre	4.4g	29.1g
Fat	5.5g	36.4g
of which saturated	0.6g	3.9g
Sodium	276.7mg	1835.9mg

Allergens: Cow's Milk, Soya, Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & finely slice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
30ml	40ml	NOMU Cajun Rub
300ml	400ml	Tomato Passata
180g	240g	Tinned Lentils <i>drain & rinse</i>
30g	40g	Almonds <i>roughly chop</i>
3	4	Ciabatta Rolls
120g	160g	Green Leaves <i>rinse & roughly shred</i>
60g	80g	Piquanté Peppers <i>drain</i>
60g	80g	Danish-style Feta <i>drain</i>
30ml	40ml	Lemon Juice
2 packs	2 packs	Guacamole

From Your Kitchen

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

1. SAUCY LENTILS Place a pan over medium heat with a drizzle of oil. When hot, fry the onions until soft and lightly golden, 6-8 minutes. Add the garlic, the NOMU rub and fry until fragrant, 30-60 seconds. Mix in the tomato passata, 300ml [400ml] of water and lentils. Simmer until thickening, 8-10 minutes. Remove from the heat, add a sweetener (to taste) and seasoning.

2. TOAST Place the almonds in a clean pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CIABATTINI Halve the bun/s, and spread butter or oil over the cut-side. Return the pan to medium heat. When hot, toast the bun/s, cut-side down, until golden, 1-2 minutes.

4. OPTIONAL EGG Return the pan to medium-high heat with a drizzle of oil. Crack in 3 [4] eggs and fry until cooked to your preference. Remove from the heat and season.

5. SOME FRESHNESS In a bowl, combine ½ of the green leaves, peppers, almonds, feta, lemon juice (to taste), and seasoning.

6. TIME TO EAT Place the bottom half of the buns on the plate and layer with lentils, guacamole, the remaining green leaves, and eggs (if using). Top with the remaining bun half. Serve with the simple salad on the side and enjoy, Chef!