



UCCOOK

Tasty Beef Mince Sloppy Joe

with a fresh salad & toasted burger bun

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Simple & Save: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Niúda | Merlot

Nutritional Info	Per 100g	Per Portion
Energy	503kJ	3004kJ
Energy	121kcal	720kcal
Protein	6.3g	37.6g
Carbs	11g	68g
of which sugars	3g	17.9g
Fibre	1.2g	7.4g
Fat	5.2g	30.9g
of which saturated	1.9g	11.3g
Sodium	108mg	648mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & roughly dice ½ [1]</i>
150g	300g	Beef Mince
5ml	10ml	NOMU Italian Rub
1	1	Tomato <i>rinse & roughly dice</i>
20ml	40ml	Tomato Paste
1	2	Burger Bun/s
20g	40g	Green Leaves <i>rinse & roughly shred</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Seasoning (salt & pepper)

Butter

1. CARAMELISED MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the onion until soft, 3-4 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Cook until caramelised, 4-5 minutes (shifting occasionally).

2. SIMMERING SAUCE Once the mince has browned, add the NOMU rub to the pan. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato and tomato paste. Fry until fragrant, 2-3 minutes (breaking the tomato with a wooden spoon). Pour in 100ml [200ml] of water. Simmer until reduced and thickened, 6-8 minutes (stirring occasionally). Add an extra splash of water, if necessary. Season and add a sweetener (to taste).

3. BUTTERED BUN Halve the burger bun/s and spread butter or oil over the cut-sides. Place a pan (with a lid) over medium heat. When hot, toast the halved bun/s, cut-side down, until crisp, 1-2 minutes.

4. FRESH SALAD In a bowl, combine the green leaves, the cucumber, a drizzle of olive oil, and seasoning.

5. BRING IT TOGETHER Place the burger bun/s, cut-side up, on a plate. Top with the beef mince mixture and close up with the other half of the burger bun. Serve with the fresh salad and dive in!