



UCOOK

Lentil Sloppy Joe

with charred corn, pickled onion & baby tomato salad

We've added some UCOOK flavour magic to the original dish to make this straightforward meal a culinary treat with every bite. Featuring lentils dotted with onion & peppers and coated in tomato passata with NOMU Spanish Rub spices. Nestle between two lightly toasted Portuguese roll halves, side with a pickled onion, corn, tomatoes & greens salad, then open wide, Chef!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Isabella Blewett

Veggie

Muratie Wine Estate | Muratie Isabella
Chardonnay

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Ingredients & Prep

30ml	Red Wine Vinegar
1	Onion <i>peel & finely slice</i>
50g	Corn
1	Bell Pepper <i>rinse, deseed & roughly dice ¾ & thinly slice ¼ into strips</i>
15ml	NOMU Spanish Rub
1	Garlic Clove <i>peel & grate</i>
100ml	Tomato Passata
120g	Tinned Lentils <i>drain & rinse</i>
1	Portuguese Roll
80g	Baby Tomatoes <i>rinse & cut in half</i>
20g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. PICKLE STATION Preheat the oven to 200°C. In a bowl, combine the vinegar, a drizzle of olive oil, 1 tsp of sweetener, and a ¼ of the sliced onion. Set aside in the fridge.

2. CHAR THE CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. SAUCY LENTILS Return the pan to medium heat with a drizzle of oil. When hot, fry the remaining sliced onion and the diced peppers until soft and lightly golden, 4-5 minutes. Add the NOMU rub and the grated garlic, and fry until fragrant, 1-2 minutes. Pour in the tomato passata and 100ml of water. Simmer until thickening, 8-10 minutes. In the final 3-5 minutes, add the rinsed lentils. Remove from the heat, add a sweetener, and season.

4. ON A ROLL While the sauce is simmering, place the roll directly onto a hot oven rack. Place an oven-proof dish filled with water onto the oven floor. Bake until light brown and crispy, 10-12 minutes. Cut in half.

5. SALAD Drain the vinegar from the onion and set aside. To the bowl with the pickled onions, add the halved tomatoes, the charred corn, the sliced peppers, and the shredded leaves. Add the reserved vinegar (to taste), toss to combine, and season.

6. DINNER IS READY Pile up the saucy lentils on the bottom bun and close with the other half. Serve the loaded salad on the side. Dig in, Chef!

Nutritional Information

Per 100g

Energy	374kJ
Energy	89kcal
Protein	4.3g
Carbs	16g
of which sugars	3.2g
Fibre	3.6g
Fat	0.7g
of which saturated	0g
Sodium	142mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Eat
Within
3 Days