

# UCCOOK

## Ciabattini Sloppy Joe

with guacamole & almonds

**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

**Veggie:** Serves 1 & 2

**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 1 | [Serves 2] |                                                  |
|----------|------------|--------------------------------------------------|
| 1        | 1          | Onion<br><i>peel &amp; finely slice ½ [1]</i>    |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>          |
| 10ml     | 20ml       | NOMU Cajun Rub                                   |
| 100ml    | 200ml      | Tomato Passata                                   |
| 60g      | 120g       | Tinned Lentils<br><i>drain &amp; rinse</i>       |
| 10g      | 20g        | Almonds<br><i>roughly chop</i>                   |
| 1        | 2          | Ciabatta Roll/s                                  |
| 40g      | 80g        | Green Leaves<br><i>rinse &amp; roughly shred</i> |
| 20g      | 40g        | Piquanté Peppers<br><i>drain</i>                 |
| 20g      | 40g        | Danish-style Feta<br><i>drain</i>                |
| 10ml     | 20ml       | Lemon Juice                                      |
| 1 pack   | 1 pack     | 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 onion until soft and lightly golden, 4-6 minutes. Add the garlic, the NOMU rub and fry until fragrant, 30-60 seconds. Mix in the tomato passata, 100ml [200ml] of water and lentils. Simmer until thickening, 6-8 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 1 [2] egg/s 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 bun/s on the plate and layer with lentils, guacamole, the remaining green leaves, and egg/s (if using). Top with the remaining bun half. Serve with the simple salad on the side and enjoy, Chef!