



# UCOOK

## 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:** 1 Person

**Chef:** Samantha du Toit

---

Quick & Easy

Neil Ellis Wines | Neil Ellis Stellenbosch  
Cabernet Sauvignon 2020

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

---

75g	Diced Onion
150g	Free-range Ostrich Mince
15ml	Spice Mix <i>(10ml NOMU Italian Rub &amp; 5ml Ground Paprika)</i>
100ml	Tomato Passata
1	Burger Bun
20g	Green Leaves <i>rinse &amp; roughly shred</i>
50g	Cucumber <i>rinse &amp; cut into half-moons</i>
20g	Gherkins <i>drain &amp; roughly chop</i>
30g	Danish-style Feta <i>drain</i>
30g	Grated Mozzarella Cheese
3g	Fresh Parsley <i>rinse &amp; 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 150ml 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 bun and spread butter or oil over the cut-sides. Place a pan over medium heat. When hot, toast the halved bun, 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 half with the mince. Scatter over the cheese and garnish with the chopped parsley. Close up the bun 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