



UCCOOK

Simple Beef Sloppy Joe's

with a fresh salad & toasted burger bun

A savoury, saucy mix of tomato passata, beef mince & fried onion is spooned onto a toasted bun and sided with a fresh salad. Whoever Joe is, you will thank him after tasting this dish, Chef!


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Thea Richter

 ***NEW Simple & Save**

 **Alvi's Drift | 221 Pinotage**

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

Ingredients & Prep

2	Onions <i>peeled & roughly diced</i>
600g	Beef Mince
20ml	NOMU Italian Rub
400ml	Tomato Passata
4	Burger Buns <i>halved</i>
80g	Green Leaves <i>rinsed & roughly shredded</i>
200g	Cucumber <i>rinsed & cut into half-moons</i>

From Your Kitchen

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

1. CARAMELISED MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the diced onion until soft, 4-5 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Cook until caramelised, 5-6 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). Pour in the tomato passata and 200ml of water. Bring to a simmer and cook until reduced and thick, 10-12 minutes (stirring occasionally). Add an extra splash of water if it reduces too quickly. Season and add a sweetener.

3. BUTTERED BUN Butter (optional) the cut-side of the burger buns or drizzle with oil. Place a pan over medium-high heat. When hot, add the buns, cut-side down, and fry until browned, 2-3 minutes.

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

5. BRING IT TOGETHER Pile the beef mince mixture on the toasted bottom bun halves and close up with the other halves. Serve with the fresh salad and dive in!

Nutritional Information

Per 100g

Energy	551kJ
Energy	132kcal
Protein	7.1g
Carbs	12g
of which sugars	2.8g
Fibre	1.3g
Fat	5.9g
of which saturated	2.2g
Sodium	145mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook
within 2
Days