



# 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!

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**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Thea Richter

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 **\*NEW Simple & Save**

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 **Alvi's Drift | 221 Pinotage**

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## Ingredients & Prep

|       |  |
|-------|--|
| 1     | Onion<br><i>½ peeled &amp; roughly diced</i>         |
| 150g  | Beef Mince   |
| 5ml   | NOMU Italian Rub                                     |
| 100ml | Tomato Passata                                       |
| 1     | Burger Bun<br><i>halved</i>                          |
| 20g   | Green Leaves<br><i>rinsed &amp; roughly shredded</i> |
| 50g   | Cucumber<br><i>rinsed &amp; 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, 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). Pour in the tomato passata and 50ml of water. Bring to a simmer and cook until reduced and thick, 8-10 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 bun or drizzle with oil. Place a pan over medium-high heat. When hot, add the bun, 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 half and close up with the other half. 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