



# UCCOOK

## Simple Beef Sloppy Joe

with a fresh salad & toasted burger bun

A savoury, saucy mix of tomato sauce, 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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Simple & Save

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Laborie Estate | Laborie Merlot 2021

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## Ingredients & Prep

1	Onion <i>peel &amp; roughly dice ½</i>
150g	Beef Mince
5ml	NOMU Italian Rub
1	Tomato <i>rinse &amp; roughly dice</i>
20ml	Tomato Paste
1	Burger Bun
20g	Green Leaves <i>rinse &amp; roughly shred</i>
50g	Cucumber <i>rinse &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). Add the diced tomatoes and the tomato paste. Fry until fragrant, 2-3 minutes (breaking the tomatoes with a wooden spoon). Pour in 100ml of water. Simmer until reduced and thickened, 6-8 minutes (stirring occasionally). Add an extra splash of water, if necessary. Season and add a sweetener (to taste).

**3. BUTTERED BUN** Halve the burger bun and spread butter or oil over the cut-sides. Place a pan (with a lid) over medium heat. When hot, toast the halved buns, cut-side down, until crisp, 1-2 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** Place the burger bun, cut-side up, on a plate. Top with the beef mince mixture and close up with the other half of the burger bun. Serve with the fresh salad and dive in!

## Nutritional Information

Per 100g

Energy	501kJ
Energy	120kcal
Protein	6.3g
Carbs	11g
of which sugars	3g
Fibre	1.2g
Fat	5.2g
of which saturated	1.9g
Sodium	65mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Soy

Eat  
Within  
2 Days