



# 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:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People


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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 <i>peeled &amp; roughly diced</i>
300g	Beef Mince
10ml	NOMU Italian Rub
200ml	Tomato Passata
2	Burger Buns <i>halved</i>
40g	Green Leaves <i>rinsed &amp; roughly shredded</i>
100g	Cucumber <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 100ml 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 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