



UCOOK

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!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Thea Richter

Simple & Save

Laborie Estate | Laborie Merlot 2021

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Ingredients & Prep

1	Onion <i>peel & roughly dice</i>
300g	Beef Mince
10ml	NOMU Italian Rub
1	Tomato <i>rinse & roughly dice</i>
40ml	Tomato Paste
2	Burger Buns
40g	Green Leaves <i>rinse & roughly shred</i>
100g	Cucumber <i>rinse & 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 200ml 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 buns 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 buns, cut-side up, on a plate. Top with the beef mince mixture and close up with the other halves of the burger buns. 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