



# QCOOK

## Ciabattini Sloppy Joe

with guacamole & almonds

**Hands-on Time:** 35 minutes

**Overall Time:** 40 minutes

**Veggie:** Serves 3 & 4

**Chef:** Kirsty Storar

**Wine Pairing:** Strandveld | Grenache

Nutritional Info	Per 100g	Per Portion
Energy	583kj	4278kj
Energy	139kcal	1023kcal
Protein	4.6g	33.5g
Carbs	16g	120g
of which sugars	3.3g	24g
Fibre	4.7g	34.3g
Fat	6.4g	47.1g
of which saturated	1.2g	8.6g
Sodium	176mg	1294mg

**Allergens:** Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Soya, Allium

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel &amp; finely slice 1½ [2]</i>
30ml	40ml	NOMU Spanish Rub
2	2	Garlic Cloves <i>peel &amp; grate</i>
300ml	400ml	Tomato Passata
180g	240g	Tinned Lentils <i>drain &amp; rinse</i>
30g	40g	Almonds <i>roughly chop</i>
3	4	Ciabatta Rolls
120g	160g	Green Leaves <i>rinse &amp; roughly shred</i>
60g	80g	Piquanté Peppers <i>drain</i>
60g	80g	Danish-style Feta <i>drain</i>
30ml	40ml	Lemon Juice
2	2	Avocado <i>cut in half 1½ [2]</i>

## From Your Kitchen

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

**1. SAUCY LENTILS** Place a pan over medium heat with a drizzle of oil. When hot, fry the onions until soft and lightly golden, 6-8 minutes. Add the garlic, the NOMU rub and fry until fragrant, 30-60 seconds. Mix in the tomato passata, 300ml [400ml] of water and lentils. Simmer until thickening, 8-10 minutes. Remove from the heat, add a sweetener (to taste) and seasoning.

**2. TOAST** Place the almonds in a clean pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. CIABATTINI** Halve the bun/s, and spread butter or oil over the cut-side. Return the pan to medium heat. When hot, toast the bun/s, cut-side down, until golden, 1-2 minutes.

**4. OPTIONAL EGG** Return the pan to medium-high heat with a drizzle of oil. Crack in 3 [4] eggs and fry until cooked to your preference. Remove from the heat and season.

**5. SOME FRESHNESS** In a bowl, combine ½ of the green leaves, peppers, almonds, feta, lemon juice (to taste), and seasoning. Scoop the avocado flesh into a bowl and mash with a fork. Add any remaining lemon juice and season.

**6. TIME TO EAT** Place the bottom halves of the buns on the plate and layer with the lentils, guacamole, the remaining green leaves, and eggs (if using). Top with the remaining bun half. Serve with the simple salad on the side and enjoy, Chef!