



# U&COOK

## Beef Mince Sloppy Joe

with a fresh salad & toasted burger bun

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Thea Richter

**Wine Pairing:** Waterkloof | Revenant Wild Ferment Syrah

Nutritional Info	Per 100g	Per Portion
Energy	503kj	3003kj
Energy	121kcal	720kcal
Protein	6.3g	37.5g
Carbs	11g	68g
of which sugars	3g	17.9g
Fibre	1.2g	7.4g
Fat	5.2g	31g
of which saturated	1.9g	11.4g
Sodium	92mg	406mg

**Allergens:** Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Eat Within 2 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

2	2	Onions <i>peel &amp; roughly dice 1½ [2]</i>
450g	600g	Beef Mince
15ml	20ml	NOMU Italian Rub
2	2	Tomatoes <i>rinse &amp; roughly dice</i>
60ml	80ml	Tomato Paste
3	4	Burger Buns
60g	80g	Green Leaves <i>rinse &amp; roughly shred</i>
150g	200g	Cucumber <i>rinse &amp; cut into half-moons</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Butter (optional)

Seasoning (salt & pepper)

**1. CARAMELISED MINCE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the onion until soft, 4-5 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Cook until caramelised, 5-6 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 tomatoes and tomato paste. Fry until fragrant, 2-3 minutes (breaking the tomatoes with a wooden spoon). Pour in 300ml [400ml] of water. Simmer until reduced and thickened, 8-10 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 green leaves, the cucumber, 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!