



UCOOK

Easy Beef Sloppy Joe's

with a fresh salad & a toasted burger bun

A savoury, saucy mix of tomato passata, beef mice & fried onion is spooned onto a toasted bun and sided with a fresh salad.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 *NEW Simple & Save

 Waterkloof | Peacock Cabernet Sauvignon

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Ingredients & Prep

1	Onion <i>½ peeled & roughly diced</i>
150g	Beef Mince
5ml	NOMU Italian Rub
100ml	Tomato Passata
10ml	Worcestershire Sauce
1	Burger Bun <i>halved</i>
20g	Green Leaves <i>rinsed & roughly shredded</i>
1	Tomato <i>½ cut into bite-sized chunks</i>
10ml	Red Wine Vinegar

From Your Kitchen

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

1. I LOVE FRY-DAYS Place a pan over medium-high heat with a drizzle of oil. When hot, add the diced onion. Fry for 3-4 minutes until soft, shifting occasionally. Add the mince and work quickly to break it up as it starts to cook. Caramelize for 4-5 minutes until browned, shifting occasionally.

2. SIMMER THE SAUCE Once the mince has browned, add the NOMU rub to the pan. Fry for 1-2 minutes until fragrant, shifting constantly. Pour in the tomato passata, the worcestershire sauce, and 50ml of water. Bring to a simmer and cook for 8-10 minutes until reduced and thick, stirring occasionally. Add an extra splash of water if it reduces too quickly. Season with salt, pepper, and a sweetener.

3. GOOD. BETTER. BUTTER. Butter the cut-side of the burger bun or drizzle with oil. Place a pan over medium-high heat. When hot, add the bun, cut-side down, and brown for 2-3 minutes.

4. AN EASY SALAD In a bowl, combine the shredded green leaves, the tomato chunks, a drizzle of olive oil, the vinegar, and seasoning.

5. BRING IT ALL TOGETHER Pile the beef mince mixture on the toasted bottom bun half and close up with the other half. Serve with the fresh salad and dive in!

Nutritional Information

Per 100g

Energy	520kj
Energy	125kcal
Protein	6.7g
Carbs	11g
of which sugars	3.1g
Fibre	1.2g
Fat	5.5g
of which saturated	2g
Sodium	275mg

Allergens

Egg, Gluten, Dairy, Allium, Sesame,
Wheat, Sulphites

Cook
within 3
Days