



QCOOK

Ciabattini Sloppy Joe

with guacamole & almonds

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Veggie: Serves 1 & 2

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 1	[Serves 2]	
1	1	Onion <i>peel & finely slice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
10ml	20ml	NOMU Spanish Rub
100ml	200ml	Tomato Passata
60g	120g	Tinned Lentils <i>drain & rinse</i>
10g	20g	Almonds <i>roughly chop</i>
1	2	Ciabatta Roll/s
40g	80g	Green Leaves <i>rinse & roughly shred</i>
20g	40g	Piquanté Peppers <i>drain</i>
20g	40g	Danish-style Feta <i>drain</i>
10ml	20ml	Lemon Juice
1	1	Avocado <i>cut in half ½ [1]</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 onion until soft and lightly golden, 4-6 minutes. Add the garlic, the NOMU rub and fry until fragrant, 30-60 seconds. Mix in the tomato passata, 100ml [200ml] of water and lentils. Simmer until thickening, 6-8 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 1 [2] egg/s 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 half of the bun/s on the plate and layer with the lentils, guacamole, the remaining green leaves, and egg/s (if using). Top with the remaining bun half. Serve with the simple salad on the side and enjoy, Chef!