



# 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.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Thea Richter

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 **\*NEW Simple & Save**

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 **Waterkloof | Peacock Cabernet Sauvignon**

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## Ingredients & Prep

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2	Onions <i>peeled &amp; roughly diced</i>
600g	Beef Mince
20ml	NOMU Italian Rub
400ml	Tomato Passata
40ml	Worcestershire Sauce
4	Burger Buns <i>halved</i>
80g	Green Leaves <i>rinsed &amp; roughly shredded</i>
2	Tomatoes <i>cut into bite-sized chunks</i>
40ml	Red Wine Vinegar

## From Your Kitchen

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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 4-5 minutes until soft, shifting occasionally. Add the mince and work quickly to break it up as it starts to cook. Caramelize for 5-6 minutes until browned, shifting occasionally.

**2. SIMMER THE SAUCE** Once the mince has browned, add the NOMU rub to the pan. Fry for 2-3 minutes until fragrant, shifting constantly. Pour in the tomato passata, the worcestershire sauce, and 200ml of water. Bring to a simmer and cook for 10-12 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 buns or drizzle with oil. Place a pan over medium-high heat. When hot, add the buns, 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 halves and close up with the other halves. Serve with the fresh salad and dive in!

## Nutritional Information

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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

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## Allergens

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

Cook  
within 3  
Days