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Smoky Sloppy Joes

with Pickled Red Onion, Shredded Carrot Salad, and Honey-Lime Vinaigrette

Get ready for a cafeteria throwback. We're stepping up classic Sloppy Joes with pickled onion and deep, smoky spices. A crisp side salad and tangy dressing finishes off the dish with refreshing bite.



40 min



level 1



nut free



Ground Beef



Garlic



Red Onions



Baby Gem Lettuces



Carrots



Limes



Cilantro



Cumin



Chili Powder



Crushed Tomatoes



Soy Sauce



Honey



Hamburger Buns

Ingredients

	4 People
Ground Beef	20 oz
Garlic	4 cloves
Red Onions	2
Baby Gem Lettuces	4
Carrots	2
Limes	2
Cilantro	1/4 oz
Cumin	2 t
Chili Powder	2 t
Crushed Tomatoes	2 boxes
Soy Sauce	3 t
Honey	2 t
Hamburger Buns	4
Olive Oil*	4 T + 2 t

*Not Included

Allergens

- 1) Soy
- 2) Wheat
- 3) Milk

Tools

Peeler, Box Grater, Small Bowl, Large Pan, Large Bowl

Nutrition per person Calories: 769 cal | Fat: 36 g | Sat. Fat: 9 g | Protein: 39 g | Carbs: 78 g | Sugar: 27 g | Sodium: 834 mg | Fiber: 11 g

Make sure to wash and dry produce before prepping or cooking!



1 Prep the ingredients: Preheat the oven to 350 degrees. Mince or grate the **garlic**. Halve, peel, and finely dice the **red onions**. Cut the **lettuce** into 1/2-inch shreds. Peel the **carrots**, then grate them with a box grater. Finely chop the **cilantro**. Juice the **limes**.



3 Make the sloppy joe mixture: Heat a large drizzle of **oil** in a large pan over medium-high heat. Add the **garlic** and **2 cups red onion** to the pan and cook, tossing for 4-5 minutes, until softened. Add the **beef** to the pan and cook, breaking up the meat into pieces, until browned and cooked through for 3-4 minutes. Add the **cumin** and **chili powder** to the pan and season with **salt** and **pepper**. Reduce the heat to medium-low and stir the **tomatoes** and **soy sauce** into the pan. Simmer for about 15 minutes, until very thick. Season with **salt** and **pepper**.



4 Make the honey-lime vinaigrette: In a large bowl, combine the **cilantro**, **4 Tablespoons olive oil**, **2 teaspoons honey**, and the remaining **lime juice**. Season with **salt** and **pepper**.



5 Dress the salad: When the **sloppy joe mixture** is ready, halve the **buns** and place in the oven for 2-3 minutes to toast. Toss the **lettuce** and **carrots** into the **honey-lime vinaigrette**.

6 Plate: Serve the **smoky sloppy joes** inside the **toasted buns**, topped with the **pickled red onion**. Serve alongside the **shredded carrot salad**. Enjoy!

Ruler

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