



BBQ Veggie Mince & Corn Sloppy Joes

with Plant-Based Aioli, Slaw & Fries

Grab your Meal Kit with this symbol



Potato



Garlic



Brown Onion



Sweetcorn



White Turnip



Herbs



Veggie Mince



Barbecue Seasoning



Tomato Paste



Ciabatta



Slaw Mix



Plant-Based Aioli

Hands-on: 20-30 mins
Ready in: 30-40 mins

Plant Based

These divine creations aren't just reserved for American high school cafeterias, they're also great for digging into in the comfort of your own home. Veggie mince is cooked up with smokey barbecue seasoning for a punch of flavour, while the side of fries and slaw wrap this delicious dinner up in a neat and tidy bowl.

Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
brown onion	1 (medium)	1 (large)
sweetcorn	½ tin	1 tin
white turnip	2	4
herbs	1 bag	1 bag
veggie mince	½ packet	1 packet
barbecue seasoning	1 sachet	2 sachets
tomato paste	1 packet	2 packets
plant-based butter*	20g	40g
water*	½ cup	¾ cup
ciabatta	2	4
slaw mix	1 bag (150g)	1 bag (300g)
plant-based aioli	50g	100g
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3525kJ (842Cal)	474kJ (113Cal)
Protein (g)	33.9g	4.6g
Fat, total (g)	24.3g	3.3g
- saturated (g)	7.3g	1g
Carbohydrate (g)	113.6g	15.3g
- sugars (g)	27.7g	3.7g
Sodium (mg)	1994mg	268mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**.



Toast the ciabatta

While the veggie mince is cooking, half the **ciabatta** lengthways. Bake the **ciabatta** directly on the wire oven rack until heated through, **5 minutes**.



Get prepped

While the fries are baking, finely chop the **garlic** and **brown onion**. Drain the **sweetcorn** (see ingredients). Thinly slice the **white turnip**. Roughly chop the **herb** leaves.



Make the salad

While the ciabatta is baking, add the **slaw mix**, **turnip**, **herbs**, 1/2 the **plant-based aioli** and a drizzle of **olive oil** and **white wine vinegar** in a medium bowl. Toss to combine and season to taste.



Cook the veggie mince

Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly browned, **4-5 minutes**. Add a drizzle of **olive oil**, the **veggie mince** (see ingredients) and **onion** and cook, breaking up the mince with a spoon, until browned, **3-4 minutes**. Reduce the heat to medium, then add the **garlic**, **barbecue seasoning**, **tomato paste** and **plant-based butter** and cook until fragrant, **1 minute**. Add the **water**, stir and simmer until slightly thickened, **1-2 minutes**. Season.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Serve up

Divide the veggie mince filling between the ciabattas and top with some slaw. Divide the BBQ veggie mince and corn sloppy joes between plates. Serve with the fries, remaining slaw and remaining aioli.

Enjoy!